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Gov't set to ban 'dangerous dogs'

According to a recent announcement from the Ministry for Agriculture, the Government is looking to ban the importation and breeding of seven different types of dog, classified as dangerous. (See Page 2)

Over-the-limit taxi-driver mows down school-children, then flees

Four school-children, all girls aged between six and 12, were run over by an on-duty taxi driver, earlier this week, whilst on a zebra crossing in Oporto's Praça das Flores. The driver later turned himself in after and was found to be almost twice over the legal alcohol limit. (See Page 2)

The man who controls Faro's skies

Faro airport director, António Correia Mendes in an exclusive interview with **The Portugal News**, speaks of the airport's past, present and future, his own personal goals, and what it is like to be in charge of 'The Gateway to the Algarve'. (See Page 6)

Home Improvements Supplement

Don't miss this week's home improvement pull-out feature supplement, containing six pages of how to improve your home. (See Pages 33 to 38)

Seven day weather outlook

Lisbon: Temperatures will drop this weekend to little as 14°. The capital will be sunny for most of the coming week, with thermometers rising later to between 17° and 19°. **Faro:** Temperatures will vary from 17° to 21° this coming weekend, with the Algarve seeing mostly sunny skies. In **Oporto**, rain will dominate this weekend with temperatures plummeting to 13°. Thermometers will sit between 14° and 17° in the coming week, with no rain expected.

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see
page 39

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page 42

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Latest EU survey reveals Portuguese Capital safest in mainland Europe

LISBON TOPS EU SAFETY RANKINGS

Lisbon, see p.7



A view of Lisbon's April 25 bridge as thousands of people participate in the 18th Lisbon Half Marathon which started on the southern margins of the Tagus River, culminating at the Jerónimos Monastery in the Portuguese capital. (Photo: Lusa/Paulo Carrico)

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Life inspires us

Fight on piracy sets new records



Inspectors from the Cultural Activities Board (IGAC) last year set new records in their fight against piracy. In a year where their operating methods were subjected to numerous reforms, the IGAC seized 236,258 illegal DVD's, CD's, books and computer files, with a market value of over €5.4 million.

From the random 1,819 inspections conducted in 2007 (32 percent more than 2006) the number of offences recorded was their highest ever with 891. A total of 354 of these offences were related to illegal copies of videos and 332 to music. For the Portuguese Authors' Society (SPA) these numbers confirm that piracy continues to grow.

"Despite the efforts of the IGAC and ASAE health and safety inspectors, the results are far from what reality demands" said José Jorge Letria, vice-president of SPA.

"Only by creating a new men-

talities, which will have to be taught in schools, and tough control will make it be possible to avoid the proliferation of this black market", he added.

In 2007, IGAC carried out 73 control operations at fairs and markets, resulting in 414 apprehensions and 373 offenders. Greater Lisbon, Setúbal and North-Centre Region were the areas most operated in.

According to the report, bars, restaurants and discotheques playing illegal sound tracks still have between 93 and 100 percent of offenders in certain coun-

Socialists soften stance on body piecing ban

Earlier this week the PS Socialist party announced their intent to have all body piercings in 'sensitive' areas banned; an announcement that immediate caused controversy due to the strict proposed rules and consequences for those who carry them out, as well as those who have them done. Later mid-week the party slackened somewhat in their stance, an admitted being open to "reviewing their views and ideas" on piercing and its participants in general.

Announced over the weekend, the new law-project initially aimed to control the use of piercings and tattoos by completely prohibiting tongue-piercings as well as piercings in 'sensitive' areas, i.e. 'near blood vessels, nerves and muscles'.

However, on Tuesday the Socialist Party admitted they would be 'open' to reviewing their stance, as well as accepting that under 18s could have tattoos or piercings, with the full acknowledgement and responsibility of the family.

Amongst PS's first proposed law-changes was the complete banning of body piercings, tattoos and permanent make-up for anyone under the age of 18.

However, should the initial law-changes come into force, one of the main alterations would mean it will be compulsory for anyone over the age of 18 opting to embellish their body with a piecing or a tattoo to sign a consent form that establishments must keep as part of confidential client files. Also in these files will be information about who conferred with the client, dates, which technician carried out the procedure, and a

detailed description about the site and exact type of tattoo or piercing that was done.

These files must be kept on the premises for a five-year period.

Health concerns are said to be behind the PS's drastic action, the party having implied that the new regulations may avoid the transmission of diseases such as Hepatitis B and C, as well as the HIV virus, risks commonly associated to breaches of hygiene concerning tattoos and piercings.

With the exception of a decree implemented towards the end of 2005 that limited the use of nickel in body piercings, there are no other legal regulations for the practice of 'body art'.

Concerning the complete ban on piercings in specific body places, Socialist Deputy Renato Sampaio argues, "The mouth is one of the places where any virus or bacteria is most easily absorbed or transmitted".

Here is also the possibility that any piercings in 'sensitive' areas (near blood vessels, nerves and muscles, or more specifically, for example in eyebrows, navel, genitals and nose) will be totally banned.

It seems, however, that establishments providing these services will feel the most significant consequences. Fines varying between €1,500 and €45,000 have been suggested for any salon or tattoo parlor disrespecting the impending proposal, which also defines technical procedures and types of materials used.

"Our objective is not to be forbidding, but to regulate an activity as well as looking out for those who adhere to it, preventing the transmission of diseases", said Sampaio.



ASAE Health and Safety inspectors seen here last week during an operation at the entry to the April 25 bridge which formed part of a widespread nationwide clampdown on the transport of merchandise. (Photo: Lusa/Miguel Lopes)

Girl harassed in Porches



A man with grey hair in a ponytail and several gold rings on his fingers, travelling in a dark SUV with tinted windows and a yellow license plate, is being sought after by the GNR after they received a report from the family of a 15 year old resident in Senhora da Rocha, Porches. News of the incident spread throughout the Algarve like wildfire, as an e-mail containing a description of the incident was forwarded by hundreds of people in the region.

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Over a week ago, at around 15h30, a 15-year old girl was making her way back home from a local supermarket, merely 200 metres from home, when a jeep is said to have pulled up on the side of the road and a man with his trousers down tried to pull her into it.

The girl managed to pull away and run home. Adding to her fortune another car arrived nearby shortly after the incident and seemed to have scared the individual away.

Unable to recognise the number plate, the girl did manage to recall the features of her attacker and his vehicle.

GNR police are dealing with the case, not as an attempt of kidnapping, but as sexual exhibitionism.

When contacted by **The Portugal News** the father, who would like to remain anonymous, did not wish to comment on the situation but said: "The police are doing their utmost to find this individual".

Earlier in the week, he sent an email describing the individual and the car to several friends and acquaintances; since then the email has spread at an enormous speed across the Algarve, reaching hundreds of people.

He also asked coffee shops, petrol stations and other establishments for help in the search for this man.

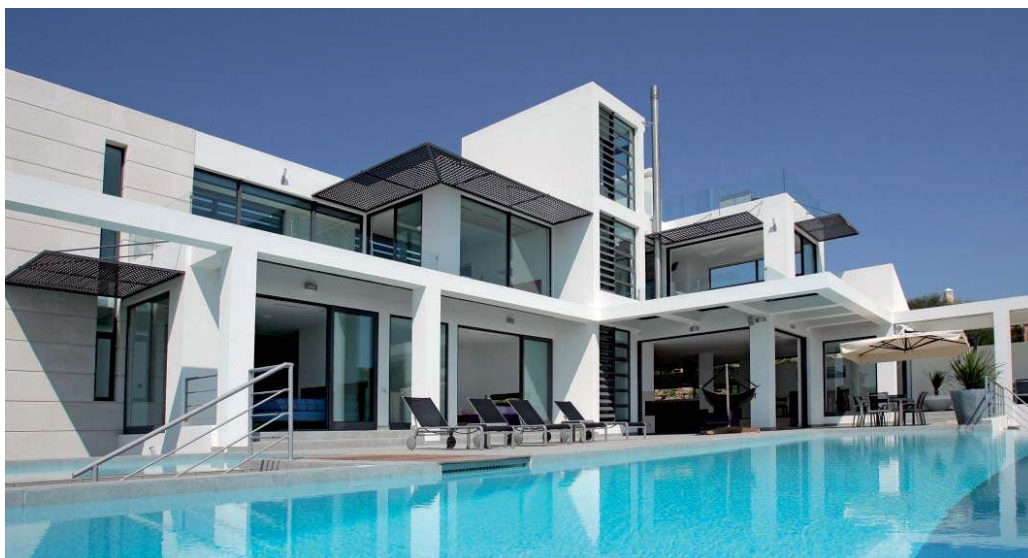


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EXCLUSIVE BEACH LIVING

The Algarve's last true beachfront sites have come to the market...

O'Connor Murphy Gubbins and Savills Hamilton Osborne King are delighted to announce the European launch of 'Oceano Clube at the Beach', the Algarve's most exclusive beach sites. These villa sites are located on the beach in the luxury resort of Vale do Lobo on the Portuguese Algarve. 'Oceano Clube at the Beach' offers exceptional sites in an unrivalled location. Just 20 minutes from Faro International Airport, this luxury blue chip resort includes two 18 hole championship golf courses, The Royal and The Ocean, a championship tennis centre offering 14 tennis courts, top of the range facilities and 5km of sandy beaches on a spectacular coastline. Vale do Lobo is the original self-contained resort mixing the privacy of luxury living with the benefits of a real and active community. Catering



Clube with the addition of a promenade, new restaurants, parking and all the facilities one might need to complete the unique experience of this exceptional location.. In collaboration with a team

OCEANO CLUBE at THE BEACH *Signature Villas* VALE DO LOBO

“ ... Vale do Lobo has become a byword for the very best in quality, luxury and comfort. With it's golf courses, tennis courts and leisure facilities - unmatched in Europe ”

the final design specification for each signature villa will be agreed by both parties in advance of construction. Having taken the breathtaking beachfront location into consideration Rêbello and his team have developed an array

the architect will add enormous value in terms of character and prestige to 'Oceano Clube at the Beach'

Since taking over 2006, Vale do Lobo Chief Executive, Diogo Gaspar Ferreira, has made great strides towards the expansion of the resort with continuing investment and improvement ensuring that Vale do Lobo maintains its position as one of the foremost resorts in Europe.

In addition to offering the ideal location for your dream villa, Vale do Lobo also offers the bonus of an extremely attractive investment proposition. Historically showing levels of capital appreciation that have held at approximately 20% per annum over the past few years, Vale do Lobo has proven to be an excellent investment reflecting the strength of Portugal in the international property marketplace. With beachside locations at a premium throughout Europe Oceano Clube at The Beach is advantageously positioned at the top end of the resale market. Following



for families and couples alike, it offers residents choices at every turn. Be it a quiet stroll on the beach, a relaxing visit to the Wellness Centre, a round of golf under the blue skies or a game of doubles in the tennis academy, Vale do Lobo has it all.

Located on the Eastern extremity of Vale do Lobo, surrounded by the Ria Formosa natural parkland and offering spectacular beach views, Oceano Clube at THE BEACH combines the peace, tranquillity and privacy of a custom designed signature villa with all the luxurious facilities of Vale do Lobo. Oceano Clube at THE BEACH marries traditional and contemporary designs with a breathtaking natural landscape, creating a living experience that will be the envy of resorts the world over. Further enhancing the surroundings Vale do Lobo have undertaken to upgrade the facilities at the Oceano

of Portugal's finest architects lead by Portuguese architect Miguel Rêbello you will have the opportunity of making your dream home a reality. Working within a set of criteria, each villa will be specifically designed to reflect your individuality within your own property. The design team will be led by Rêbello, who is responsible for some of Vale do Lobo's finest contemporary and traditionally styled buildings and



of design options reflecting both traditional and contemporary designs to fit seamlessly into the stunning natural environment. These plans will serve as a template for each individual purchaser to work with on the way to completing a design that will be as individual and personal as the owners themselves - 'a signature villa at a signature address'. The collaborative design process between the owner and

the recent changes in planning laws in the Algarve preventing construction taking place within 500m of the coastline the values of these sites has further increased.

This limited selection of signature villas sites on the sun drenched Atlantic coastline will be launched in **The Westbury Hotel, Grafton St., Dublin on Friday 11th April from 12pm to 7pm and on Saturday 12th April from 11am to 5pm.**

The UK launch will take place in Savills, Lansdowne House, Berkley Square, London W1J 6ER on Wednesday 16th April from 6pm to 9pm.

To register your interest in advance, contact OMG International or Savills Hamilton Osborne King.



Oceano Clube at THE BEACH, Vale do Lobo factfile

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The man who controls Faro's skies

Over the past five years, Faro airport has experienced some significant changes, all of which have occurred under the watchful eye of its current director, António Correia Mendes. Here, in an exclusive interview with **The Portugal News**, he speaks of the airport's past, present and future, his own personal goals, and what it is like to be in charge of 'The Gateway to the Algarve'.

António Correia Mendes is a youthful, yet reserved character, undertaking a role that demands great responsibility and dynamism.

When asked to describe his role as an airport director, it sounds far less glamorous and more mundane than what many of us may have seen on various TV programmes, though his challenges and obstacles faced remain very real.

"It is like managing any other large company", he explains, "Faro airport has around 195 employees, there is marketing to take care of, finances, general business matters and meetings... It is not like we have our own airplanes. We just travel on them every now and then!"

"At Faro airport we have two

types of clients; we have passengers, and we have the airline companies. My job is mainly to sort out any problems that either client may have".

António Mendes initiated his career at Faro five years ago, a natural progression of a career that started in construction.

"It wasn't a choice, it was the choice of the person who invited me to take on the job", he jokes.

But still, he has witnessed and welcomed a number of developments, as well as one of that industry's most significant phases of progression. He elaborates, "The introduction of low-cost flights really changed the numbers relating to passengers and visitors to the region".

If, in the past, low-cost flights have helped the region flourish,



2007 being one of the most successful years to date, this year António Mendes does not fore-

see the figures showing any dramatic changes, for a number of reasons. In fact, optimism for growth this year is not at an all-time high.

"Last year was a very good year for the airport. We had a growth of almost eight per cent. In November last year we registered a small decrease in the number of passenger figures in comparison to the same month of 2006, so this year I don't expect anything extraordinary to happen. In fact it may even stagnate. There might be a small growth in summer, but at the moment the airlines are condensing their flights, which has its pros and cons. There was so much on offer, the airlines are now reducing the number of flights, which in turn means they are arriving fuller", he adds.

At the moment airlines are experiencing quite a remarkable phenomenon, with a succession of take-overs and buy-outs.

At the end of 2007, low-cost airline easyJet bought out GB Airways, German carriers TUI have taken over from First Choice and Thomsonfly, conglomerating the group. Air Berlin bought LTU, and, more recently, Tuifly has put in an offer for German low-cost airline Germanwings. All this activity, as well as the state of the economy, is having unstable effects on travel in general, he says.

"Since September the British pound has been so deflated in comparison to the euro, it has gone down by nearly ten per cent, so this means that, in the UK, people are becoming more reluctant to spend money on holidays".

Even so, the UK market still remains the airport's strongest contender, representing 60 per cent of all traffic and still going strong. The second largest, the German market, is not looking so healthy. "It is not growing, in fact, quite the contrary".

The Irish market has shown quite a surprising "explosion", and was the only market to show steady growth, with the Dutch market taking fourth place.

Even though the airport has

enjoyed continuous growth in the number of passengers, it is, according to its director and based on present figures, "A good 30 or 40 years off reaching its maximum capacity".

So if this is the case, what does Director Mendes think of the recent reports on the new airports that may take shape in Loulé and Portimão?

"They are two very different situations. Faro only has one runway, we have large passenger planes landing and taking off and we can only accommodate x amount of movements per hour. The new infrastructure planned for Loulé will work complementarily with Faro as it is targeted at smaller and private planes. If we have to choose, of course, we would rather allocate more timeslots for bigger planes to this runway".

"I don't know anything about the airport in Portimão. I have heard something about it being intended for low-cost flights, but I haven't seen an official project. But I don't think we have that much demand for low-cost flights that a second airport is necessary. I can't see why the flights need to be divided".

Privatisation of Portugal's national airports has been another recent proposal, and is one that appears to be in favour.

"The block privatisation of national airports was an idea put forward by the Government as a desire and necessity for ANA", (ANA - Aeroportos de Portugal, the corporation in charge of providing airport services for civil aviation in Portugal). "However, there isn't yet a definitive model. In Oporto a group of private businessmen showed their interest in taking over the privatisation, and the same happened here".

Hotel and resort group AHETA are rumoured to have shown interest in obtaining their share of Faro.

"But whether privatisation will happen in block or individually, is what the Government must decide. I am in favour, but whether it should be global or individual, that we must see".

This year will see new routes

introduced to Faro, though no specific destination has, as yet, been confirmed.

"We are always on the search for new destinations", he says, "and some will be introduced soon".

Despite Ryanair's failed attempt to connect Faro to Spain, through their yearlong route to Madrid (which closed just months ago), and an ill-fated two-month Faro-Barcelona route, Spain remains on the cards.

"To me Spain is almost like a domestic market and I will do everything possible to obtain flights there".

He says that whilst reintroducing direct flights to Madrid is one of his main goals, his biggest aim yet is to introduce a direct route to Paris.

"It always has been one of my main ambitions, and always will be, for a thousand and one different reasons. I will continue to insist on this route, but I'm not sure if or when it will happen".

In 1992 Faro airport saw one of its most tragic accidents to date, when a Dutch Martinair DC-10 aircraft crashed onto the runway in severe weather conditions, also partly put down to crew error.

Of 327 passengers and a crew of 13, 56 people were killed and 106 were injured. Since that date, Faro's airport has seen more than 500,000 take offs and landings, with only a handful of emergency procedures being carried out, all successfully, following an international emergency response model.

António Mendes Correia's office overlooks this runway, a privileged view from a unique viewpoint; a view almost as exciting as the one from the aircraft that land and take off from the stretch of tarmac.

So what is it like to run an airport, control the skies and be in charge of 'The Gateway to the Algarve'?

"It is exhilarating. Who doesn't like to travel? But it is fascinating to watch the aircraft take off and land, it isn't normal for a human being to fly, and that is what makes it so fascinating".

Carrie-Marie Bratley

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Lisbon tops EU safety rankings



The Portuguese capital is the least likely city, in continental Europe, for a murder to occur. When including the leading cities of the 27 European Union member states, the only capital with a better rate is La Valetta, Malta, which saw none of its 7,000 inhabitants murdered during the period in question (2006).

According to the official EU statistics agency, Lisbon remains one of the safest cities in Europe.

While the average murder rate in Europe is 1.35 per one hundred thousand inhabitants, Lisbon is less than half that figure, with a rate of 0.68/100,000.

In Portugal as a whole, 148 people were murdered in 2006, while latest provisional figures show that 130 people were killed in the country last year.

The most unsafe capital is Estonia's Tallin, with a rate of 9.75 murders for every 100,000 inhabitants, though only 91 killings took place in that country.

In England and Wales, 755 murders were reported in 2006, while 727 people were killed in Germany, while France topped the list in the EU with 879 deaths.

Turkey, which is on the verge of joining the EU, reported almost four thousand murders in 2006.

But not all is positive for Portugal, with the number of violent crimes totaling 24,155, an increase of five percent in relation to the previous year. The only country with a higher increase in violent crime was France, where figures rose by seven percent.

Burglaries in Portugal reached 23,314 cases in 2006, 15 times less than the total for England and Wales over the same period.

These figures follow the recent publication of a study conducted by a consortium, including EU and UN agencies, which found that Lisbon is the safest city in the European Union. At the opposite end of the scale, the report, unveiled London as the most dangerous capital in which to live.

As opposed to accessing police crime registries of the European Union states surveyed, researchers interviewed thousands of inhabitants (between 1,200 and 5,000) in 18 countries to assess their own personal experi-

ences with crime.

The European Crime and Safety Survey, conducted by a consortium including Gallup and UN agency UNICRI, said the Portuguese capital was the safest, with only one in ten saying they had ever been affected by crime.

The number of crimes against foreign residents/immigrants in Portugal and so-called hate crimes were also revealed as being among the lowest in the EU.

London meanwhile topped the crime league table, with 30 percent of the British capital's residents saying they had been the victim of theft or burglaries.

Even on a global scale, the survey does not make pleasant reading for Londoners, with both New York and Istanbul said to be safer places to live.

Besides London, other crime hotspots identified by researchers were the Irish Republic, Estonia, Netherlands and Denmark, where "insecurity" rates were all at least 30 percent above the European average.

Greece topped the corruption table, and Athens also topped the list over concerns regarding burglaries and safety on the streets.

Once more, Portugal revealed a marked improvement between 1996 and 2005 in terms of corruption, and is now rated less corrupt than a host of EU countries, including France and Denmark.

However, and on a more negative note, Lisbon was only beaten by Greece regarding the direct experiences residents had had in their area with drug-related problems or trafficking of illegal substances.

Amongst a host of other findings published by researchers, it was found that Portuguese were the least supportive of imprisonment for the recidivist burglar, saying a community service or-



Oeiras Mayor Isaltino Morais speaking to Prime Minister José Sócrates at the end of the Lisbon Half Marathon this past Sunday. (Photo: Lusa/André Koster)

der was the best course of action to take under these circumstances.

Portuguese were also the most responsive to researchers' advances, with 71.5 percent willing to set aside time to complete a survey.

The study, which was initiated in 2004, found that overall, 15 percent of Europeans had been the victims of crime.

Eight years before, when the last such study was conducted, 21 percent of EU citizens said they had suffered at the hands of criminals.

Despite the generalised fall in crime, three in ten Europeans said they felt unsafe when walking the streets of their cities of residence.

The report also further indicates that owners of bicycles and motorbikes in Portugal were the most unlikely in the EU to find their methods of transport had been stolen.

Pick pocketing and theft of personal items were also lowest in Portugal.

While Portuguese were among the most pessimistic on the possibility of being burgled in the

coming year, (coupled with the fact that Portuguese have the fourth highest number of burglar alarms in the EU) reported crime statistics show that Portugal was only second to Estonia for the

least number of reported burglaries.

The study was conducted in the 15 "old" EU countries, as well as newer members Poland, Hungary and Estonia.

EP denies urgency in Lisbon bridge repairs

Portuguese Road Company Estradas de Portugal (EP) has denied that major repairs are urgently required on the 25 de Abril bridge, contradicting recent reports in national newspapers Sol and Expresso, opting for conservation works that will be carried out in 2009.

EP vice-president Eduardo Gomes has said that, eventually, deep infrastructural works will be necessary, which is rule of thumb for any bridge aged between 40 and 60 years (the Ponte 25 de Abril is now 42 years old),

though the bridge did have a structural overhaul in the 1990's so it could accommodate train crossings as well.

In-depth reparations have been in planning since 2004, but EP has yet to set a date for them to be carried out. EP have denied an urgent intervention is necessary, claiming their constant monitoring of the bridge along with that of the Institute for Welding and Quality, has not yet picked up on any major problems.

Ample conservation works have been confirmed for next year, and include painting

through to verifying the welding.

It is thought that this will cause extreme complications for traffic crossing the bridge, and may last a few months.

More significant renovations, like replacing the existing road-supports, will not only have high economic costs, but "elevated social costs as well".

This type of work would be expected to last at least one year, cost several million euros, and would require a plan to minimize the loss of concession fees.

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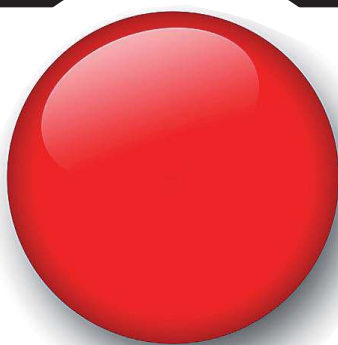
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A file photo dated 22 November 2007 shows Marcelo Caitano, the rebel soldier who shot and seriously wounded East Timor's President Jose Ramos Horta in an attack at his home last month, is seen in Ermera district. East Timor's President Jose Ramos Horta who is recovering in an Australian hospital, named the shooter as Marcelo Caetano, a junior member of the rebel group led by former army major Alfredo Reinado. (Photo: EPA/António Dasiparu)

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LUSOPHONE WORLD IN BRIEF

Timor president plans to return home by next month

The commander of Portuguese peacekeepers in East Timor described President José Ramos Horta's recovery from an assassination attempt last month as remarkable, and said the wounded statesman planned to return home from hospitalisation in Australia by next month.

Captain Martinho of the Republican National Guard (GNR) told Lusa by telephone that he had found Ramos Horta "well and lucid" during a one-hour visit in hospital in Darwin, Australia, where he delivered a letter and gifts of Port wine and traditional pastry from Portuguese President Cavaco Silva.

Income tax reintroduced in Bissau after 27-year absence

Guinea-Bissau's citizens are to begin paying income tax for the first time in over 25 years, media in the West African state reported. Guinea weekly newspaper Nô Pintcha said lawmakers have approved the introduction of income tax for all nationals between 18 and 60 years of age living both inside the country and abroad. Private and public sector workers will pay a standard 1% tax on their monthly salaries. "Funds coming from tax revenues will be distributed in the following way: 50% to the State Treasury and 50% for the regions," Nô Pintcha reported.

Cape Verde - 40% of population have mobile phones

Over one in three Cape Verdeans now has a cell phone but internet use in the archipelago remains limited, the country's ANAC telecoms regulator said. Around 40 percent of Cape Verde's 450,000 population had a cell phone at the end of 2007, ANAC said, and liberalisation of the sector last December means mobile use will continue to rise at the expense of fixed connections.

Mozambique attackers seriously wound Portuguese missionary on eve of President Cavaco Silva visit

Robbers killed a Catholic mission guard and seriously wounded a Portuguese missionary with machete blows at the weekend in northern Mozambique, a church official said Monday. The Friday night attack in Cabo Delgado province came less than 24 hours before Portuguese President Aníbal Cavaco Silva and his family arrived in the southern capital, Maputo, for a week-long holiday that was followed by an official visit to Lisbon's former colony.

Cape Verde hosts meet of EU island territories

Officials from European Union island territories met with Cape Verdean counterparts in Mindelo Monday, to discuss ways of influencing EU policies towards the bloc's "ultra-peripheral" zones. The three-day meeting of municipal officials from the Confederation of European Union Ultra-peripheral Regions, participants said, aimed to press for their organisation's inclusion in the EU's Committee of Regions. Cape Verde, which gained a "special partnership" status with the EU last December, participates in the municipal confederation as an observer. The confederation embraces the Portuguese islands of Madeira and the Azores, Spain's Canary Islands, and the French territories of Martinique, Reunion, Guadalupe, and Guyana.

France forgives São Tomé debt, proposes new cooperation plan

France has pardoned São Tomé and Príncipe's euros 7.6 million debt and presented the islands' new government with a four-year cooperation framework. French envoy Frederic Marlet signed the debt pardon in the archipelago's capital Friday with Finance Minister Raul Cravid, and unveiled the proposed bilateral cooperation plan in a meeting with Prime Minister Patrice Trovoada. Marlet said the debt pardon aimed to encourage the new government's anti-poverty programmes.

UN agency to provide food aid to 60,000 Mozambique cyclone victims

The UN's World Food Programme (WFP) will provide emergency food aid to some 60,000 Mozambican victims of last week's Cyclone Jokwe, according to a senior Maputo official. "We are still assessing the needs so the numbers could increase", the director of the national disaster management agency, Bonifácio António, was quoted as saying Monday by UN aid department's IRIN news agency. António said the WFP was committed to aiding 60,000 people, mostly in northern Mozambique where Jokwe killed 17 people and destroyed or damaged about 30,000 houses last week. The cyclone came on the heels of massive flooding in central Mozambique in December, that displaced about 100,000 people. The WFP has already provided more than 3,000 metric tons of emergency food aid to victims of the floods.

Timor PM Gusmão says improved justice system needed to overcome crisis

East Timor is experiencing "difficult moments" following last month's attacks on its leaders and the country's justice system must be improved to restore Timorese public confidence in democratic institutions, Prime Minister Xanana Gusmão said.

Africa - EU allocates €30m for drought

The European Commission is providing €30 million in humanitarian aid to improve drought preparedness in the Greater Horn of Africa.

The lives and livelihoods of around 12 million people are at risk in the region because of recurrent severe droughts.

The Commission's aim is to reduce their vulnerability by helping communities to improve their response to, and preparedness for recurrent drought cycles.

Nomadic and semi-nomadic pastoralists in seven countries (Djibouti, Eritrea, Ethiopia, Kenya, Somalia, Sudan and Uganda) will benefit from the assistance.

The new funding will bring the EC's total humanitarian support for vulnerable people in the Greater Horn of Africa to almost €460 million since 2005.

All funds are channelled through the Commission's Humanitarian Aid department under the responsibility of Louis Michel, the European Commissioner for Development and Humanitarian Aid.

Anti-trafficking cooperation

Immigration and border officials from the Lusophone bloc have called for bolstered cooperation in the common fight against people, drugs and arms trafficking in a meeting in the Cape Verdean capital.

"Transnational organized crime, such as the traffic in arms, drugs and people and international terrorism, are threats that demand consistent cooperation mechanisms and exchange of information among our services", the head of Cape Verde's Foreigners and Frontiers Services, Júlio Melício, told the gathering late last week.

He urged his counterparts from the eight-nation Community of Portuguese Language Countries (CPLP) to seek new forms of cooperation in the training of personnel, exchange of information and introduction of new security technologies.

The islands' internal administration minister, Lívio Lopes, called on his Lusophone partners to work to "standardize and harmonise procedures and measures" to combat illegal immigration and trans-border criminal activity.

The meeting is the seventh of its kind between CPLP immigration and border services. In a related development, a public awareness campaign against human trafficking, using the slogan: "You are not for sale!", kicked off in the archipelago last Thursday.

The campaign, financed by the Council of Europe, is also under way in Portugal and Brazil, two other CPLP member states.

A team from Portugal's immigration service is expected in Cape Verde next week to train island officials in combating people trafficking.

The Lisbon-headquartered CPLP joins Portugal and Brazil to Lisbon's five former African colonies and East Timor. TPN/Lusa

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Moves to have mobile TV across Europe

The European Commission this week decided to add the Digital Video Broadcasting Handheld standard (DVB-H) to the EU List of Standards, which serves as a basis for encouraging the harmonised provision of telecommunications across the EU.

The addition of DVB-H is a new step towards establishing a Single Market for Mobile TV in Europe that will enable all EU citizens to watch TV on the move.

Mobile TV could reach a market of up to €20 billion by 2011, reaching some 500 million customers worldwide.

Capitalizing Gains and Losses

The history of capital gains treatment stateside is interesting. As well, it is reflective of how the American tax authority periodically tampers with the tax law. From 1913 to 1921, capital gains were taxed at 7%. In 1921, a rate of 12.5% was applied to assets held for two years or more. From 1942, investors could exclude 50% of gains on assets held for at least

six months. In 1978, the exclusion was increased to 60% against which 28% tax was applied. Three years later, this tax rate was lowered to 20%.

The Tax Reform Act of 1986 repealed the capital gains exclusion and raised the maximum tax rate to 28%. In 2003 the rate was reduced to 15% for the higher tax brackets and 5% for the two lower ones (rates that apply to

2007 tax returns). In 2008, 2009 and 2010, the tax rate on long term capital gains has been lowered to 0% for anyone in the 10% and 15% income tax brackets. After 2010, this situation will change.

What these rates mean in terms of US tax brackets can best be understood from the ordinary income tax brackets themselves:

Tax Rate	Single	Married Joint	Married Separate	Head of Household
10%	\$0 - 8,025	\$0 - 16,050	\$0 - 8,025	\$0 - 11,450
15%	\$8,026 - 32,550	\$16,051 - 65,100	\$8,026 - 32,550	\$11,450 - 43,650
25%	\$32,551 - 78,850	\$65,101 - 131,450	\$32,551 - 65,725	\$43,651 - 112,650
28%	\$78,851 - 164,550	\$131,451 - 200,300	\$65,726 - 100,150	\$112,651 - 182,400
33%	\$164,551 - 357,700	\$200,301 - 357,700	\$100,151 - 178,850	\$182,401 - 357,700
35%	\$357,701 -	\$357,701 -	\$178,851 -	\$357,701 -

So a Single taxpayer whose taxable income is less than \$32,550 will pay 5% on long term capital gains in 2007; 0% from 2008 - 2010. A married joint filer's taxable income can be \$65,100 for the 5% rate in 2007.

To take maximum advantage of capital gains tax rates, investors need to understand what happens when there is an interplay between short-term and long-term gains, the distinction being for assets held for more than one year before sold versus assets held for less than a year. Long term gains are taxed at the favorable capital gain tax rates. Short term gains are taxed at ordinary income tax rates.

So a sale can be long term. Or it can be short term. When both

sales occur in a tax year, four possible outcomes can occur:

- 1) Long term gain with short term gain. The former is taxed at 5% or 15% depending on tax bracket. The latter is taxed with your other income up to 35%.
- 2) Long term loss with short term gain. If the gain is bigger than the loss, you will be taxed up to 35%. If the loss is bigger, the resulting net long term loss up to \$3,000 for married joint filers can be taken to offset other income.
- 3) Long term gain with short term loss. If the gain is bigger, you would have a net long term gain taxed at favorable capital gains tax rates. If the loss is larger, the resulting net short term loss up to \$3,000 applies as in 2) above.
- 4) Long term loss with short term loss. Long term losses offset

long term gains while short term losses offset short term gains. But when short term losses exceed \$3,000, you must use these up first to offset that ordinary income with the balance being carry-forwarded with the long term losses to a subsequent tax year(s).

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natp.org). He specializes in US International Taxation for American expatriates. www.taxbarron.com / taxbarron@yahoo.com (00351) 91 935 9809.

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www.portugal-rentals.net	3,044
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EU proposes measure against VAT fraud

The European Commission this week adopted proposals for the amendment of the VAT Directive and the VAT Administrative Cooperation Regulation to speed up the collection and exchange of information on intra-Community transactions from 2010 onwards.

The EU says these measures will enable member states to detect so-called carousel fraud very quickly.

The proposals follow on from a recent communication on the

improvement of administrative cooperation between member states to improve the fight against VAT fraud. They are part of a range of legislative and administrative measures which have been, or are about to be, agreed in order to combat VAT fraud more effectively.

László Kovács, the European Commissioner responsible for taxation and the customs union, said: "The measures being proposed today are the first step towards a more effective fight against

VAT fraud. Their advantages are that they can be implemented very quickly and do not impose any significant administrative burdens on economic operators."

Intra-Community carousel VAT fraud occurs where a person liable for VAT who has acquired goods or services within the Community on which no VAT has been paid supplies these goods or services within the Community with VAT imposed but then 'disappears' without paying the VAT into the Exchequer.

IRS 2007: How to avoid double taxation

For many foreign residents, moving to Portugal means moving into a new tax system. With careful planning, expatriates can reduce or even eliminate liability to income and capital gains taxes in their home jurisdictions. Instead, as a foreign resident, you become subject to the tax laws of Portugal, which, in many cases, turns out to be far less onerous, allowing you to keep more of your income. If you also make use of international investment services, you may well be able to protect your capital even further.

That's the ideal situation, but the reality for many expatriates turns out to be different.

Do your homework

The first step is to make sure that you are non-resident in your home jurisdiction. Each country has a defined procedure to free yourself of tax residency status. At the same time, you need to establish your Fiscal Residency in Portugal. The first step is to submit your first "IRS" individual income tax return. Subsequently, present an application for a "Certificate of Fiscal Residency". With this document, you can stop withholding at source on pensions, bank accounts and the like. You may well be entitled to a refund for any tax improperly withheld.

If you have income sourced at home, such as from renting out a property, you may have to de-

clare this on an annual local tax return and are liable to tax on it. However, having such "source" income also means that you will most likely retain any personal tax allowances, offering some tax relief.

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at our offices in Guia (Albufeira), Lisbon (Chiado) and, starting January 2008, in Funchal (Sé), Madeira. In the Algarve, call 289561333, in Lisbon, 213424210 or in Madeira at 291221095. Our e-mail is: info@eurofinesco.com, or on the internet at www.eurofinesco.com.

Portuguese Actress Maria de Medeiros named as UNESCO Artist for Peace

Portuguese film actress and jazz singer Maria de Medeiros will make her debut as an UNESCO Artist for Peace with a performance in Mozambique next month.

Maria de Medeiros, who was formally handed the UNESCO title at a ceremony in Paris on Monday, told the Lusa News

Agency she hoped to use her new role to give "greater visibility to education in the arts".

Among her first initiatives for UNESCO, she added, would be a performance in Mozambique in April, along with Mozambican painter Malangatana, himself an UNESCO artist for peace.

The Portuguese government

applauded Medeiros' appointment by the UN organisation, the first Portuguese national to be so honoured, saying she had been chosen for her "visibility, charisma, artistic quality" and engagement with "the great causes of the contemporary world".

TPN/Lusa

Tavira Sports Island returns

Running until this Saturday, Sports Island, part of the International Sports Meeting, is going to gather over four thousand people of several nationalities in Tavira Island to practice over fifty sports and participate in thirty eight workshops.

Sports Island returns to Tavira after last year's success, people attending will have 50 sports to take part in, from football, handball, basketball, volleyball, beach rugby to water sports such as canoeing, windsurf, sailing, kitesurf, surf or bodyboard.

The four day long interna-

tional event expects participants from Portugal, Spain, Italy, Czech Republic, England, Brazil and Latvia.

This year, Benfica footballer Nuno Gomes is the official godfather of the event, saying "As a sportsman, I think it is positive for people to gather and practice only sport for four days in a row".

The event has one problem though, the capacity of the camping grounds, limited at 4,000, cannot accommodate more people, restricting the number of participants in the Sports Meeting.

Event organisers say that, besides the limitations and logistic difficulties, the event is not going to be removed from the island in the future because it is a unique place where people can spend four days concentrated solely on sport. Pedro Pereira, organiser of the event, says "If we remove the event from Tavira Island it will lose its magic. People leave their cars on the other side and on the location there is only sport".

To compensate the situation, International Sports Meeting is thinking of creating more events over the year so a larger number of participants can get involved in healthy social gatherings.

Europeans put the environment centre stage

Over two-thirds of Europeans prefer policy decisions on the environment to be made at European Union level, according to a Eurobarometer survey published recently.

The report also shows that Europeans are increasingly aware of the role played by the environment in their daily lives.

More than 95 percent of European citizens feel that it is important to protect the environment. Some 80 percent also feel it influences their quality of life and consider that they have a role to play in protecting it. Climate change tops the list of Europeans' environmental concerns, followed by pollution and man-made disasters.

Environment Commissioner Stavros Dimas said: "Most Europeans say that the European Union should do more for the environment and that decisions on the environment are best made at European level. An overwhelming majority of Europeans see harmonised European environmental legislation as necessary, and believe that the EU should help other countries improve their environmental standards."

While the Eurobarometer survey shows that the top five environmental issues Europeans are most concerned about are climate change, water and air pollution, man-made disasters, and the use of chemicals in everyday products, a majority are also uneasy about the use of genetically-modified organisms (GMOs) in agriculture. A total of 58 percent of European citizens say they are apprehensive about the use of GMOs and 21 percent they are

in favour.

Europe's citizens demonstrate a remarkable willingness to buy environmentally-friendly products. About three quarters of Europeans declare they are ready to do so, even if this means paying a bit more.

On average only 17 percent of Europeans said they had bought environmentally-friendly products within the previous month. This means that nearly 60 percent of Europeans say they are willing to switch to consuming green products, but have not yet done so. The majority of Europeans (52 percent) say they would be able to recognise a genuinely environmentally friendly product by its label.

As to whether environmental protection is an obstacle to favourable economic performance or a motivation to innovate, nearly two-thirds of Europeans feel that protecting the environment is more of an incentive to innovate (63 percent) than an obstacle to economic performance (16 percent). Almost as many Europeans (64 percent) feel that protecting the environment must be given priority over economic competitiveness and 18 percent feel that competitiveness is more important.

More than two-thirds of European citizens are also convinced that the progress of individual countries should be measured using social, environmental and economic indicators while a minority (15 percent) believe that progress should be mostly based on monetary and economic indicators.

Bishop John at All Saints

Bishop John Ellison, the recently retired Anglican Bishop of Paraguay will be the celebrant at Easter services in Almancil and Lagoa.

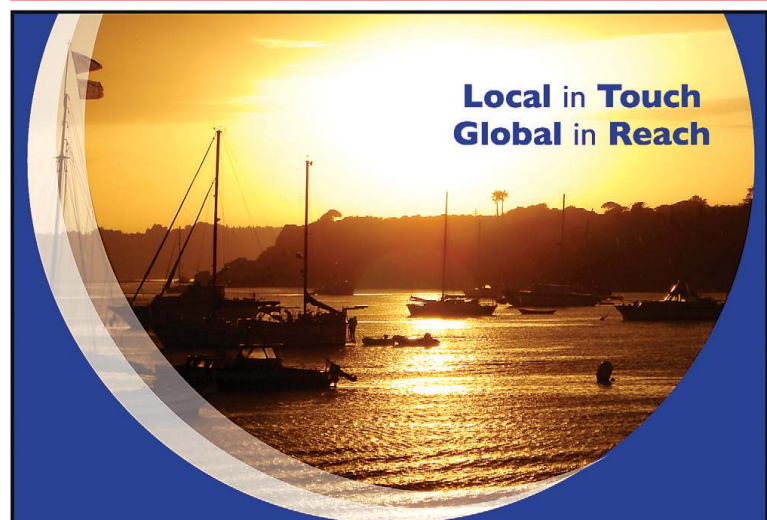
The Easter period is a special time for Christians worldwide, and All Saints Anglican Church welcome everyone to these special services (see page 65 for details).

The services in Almancil are held at the Almancil Community Centre which is found just off the main street through the centre of Almancil. Turn southwards at the Vodafone shop, and right at the roundabout which is about 100 metres along this road. The services in Lagoa are held in the chapel of the Convent of S José. The easiest way to find this is to turn off the motorway at junction 6, and follow the signs to Lagoa Norte. As you come into Lagoa, go straight ahead at the roundabout, and within 200 metres you will go through an arch, this is the convent. Parking can be found a few metres further along outside the Post Sorting Office.

Visitors are especially welcome.



Portuguese actress Maria de Medeiros in Madrid last October, during the presentation of her first album 'A little more blue', which covers classic songs by Brazilian icons Chico Buarque and Caetano Veloso. (Photo: EPA/Sergio Barrenechea)



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Hospitals, schools hit strongly in one-day strike, say unions



Hundreds of school children wait at the gate of the Jaime Coresão Secondary School in Coimbra which was closed due to strike action last Friday. (Photo: Lusa / Paulo Novais)



Civil service unions claimed heavy support in their strike last Friday that hobbled schools, health services and government departments across Portugal in a showdown against Prime Minister José Sócrates' Socialist administration's wage and reform policies.

A spokeswoman for the Common Front of civil service unions, Ana Avoila, told the Lusa News Agency about 70 percent of employees at the targeted public sectors joined the one-day strike, especially health and education workers.

Public services in the districts of Lisbon, Coimbra, Faro and Beja were the most affected, Avoila said.

Earlier in the week, the labour and welfare minister, José António Vieira da Silva, said he did not understand why the strike, capping a week of various protests, had been called when the government was still in negotiations with the unions.

The stay-away targeting only selected public services came amid growing dissatisfaction with Sócrates' three years of belt-tightening measures and reforms.

In the biggest demonstration

seen in many years, some 100,000 public school teachers marched in Lisbon last weekend to protest plans to introduce a new evaluation scheme for teachers.

The head of the largest CGTP labour confederation, Communist leader Manuel Carvalho da Silva, charged the Socialist government "does not understand or does not want to interpret workers' protests" in pushing ahead with unpopular policies.

Portuguese workers had lost purchasing power for seven consecutive years, Carvalho da Silva said, adding that this year's government proposal for civil service salary hikes of 2.1 percent would again fall below inflation.

Beyond wages, Friday's strike also targeted government austerity policies to control promotions and raise the age of retirement, among other issues.

TPN/Lusa

EU approves two percent increase in milk quotas

European Union agriculture ministers this week approved the European Commission's proposal for a two percent increase in milk quotas beginning on 1 April 2008 to meet growing demand both within the European Union and on global markets.

The increase, a total of 2.84 million tonnes, would apply on an equal basis to the 27 member states.

The EU says this move does not prejudice the ongoing review of the dairy market in the Health Check of the Common Agricultural Policy, where the Commission has suggested a gradual increase in quotas before they expire on 31 March 2015.

In December, the Commission published a report showing that demand for milk has grown between 2003 and 2007 and is expected to continue growing between 2007 and 2014.

The outlook for both demand and prices on the world market is equally positive. The report showed that a two percent increase was fully justified.

Neglect and abuse of older people is widespread

Older people in Europe are vulnerable to poor treatment, neglect and abuse, according to a survey presented by the European Commission this week.

Almost half (47 percent) of people across the EU consider the phenomenon to be widespread in their country – and the challenge is only likely to increase as Europeans get older. A high-level EU conference in Brussels will today offer policy makers and experts an opportunity to discuss the quality of care for frail elderly people and pool ideas on preventing elder abuse.

"Each of us faces the possibility of becoming dependent on the help of others when we get older, and currently we cannot be sure that we will be treated with dignity," said Vladimír Špidla, EU Social Affairs Commissioner.

As Europeans live longer, the share of the EU popula-

tion aged over 80 is due to increase three- or four-fold to 12 percent by 2050.

More and more people will depend on the care of relatives or professional carers, and be vulnerable to neglect or even abuse.

But while abuse can take many different forms – ranging from physical to psychological – it is more often the result of an inability to cope on the part of stressed and overburdened carers, than intent to exploit or harm vulnerable older people.

Although the perceived risk of elder abuse varies among EU countries, protecting the dignity and fundamental rights of the frail elderly is becoming a major challenge for societies across Europe.

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Thousands weep as Tokio Hotel postpone concert



The postponement of Tokio Hotel's concert, set to have been held in Lisbon at the Pavilhão Atlântico over the weekend, turned into a depressing show with thousands of children crying and teenagers passing out.

Thousands waited outside the gates, some up to two days to get the best places close to the stage, when on the night of the concert, after they had let the crowds in, news broke out that the concert had been cancelled because vocalist Bill Kaulitz had laryngitis.

Mothers showed fury towards the company responsible for the event, 'Everything is New'.

One mother explained: "I

bought the tickets four months ago and when we arrived I heard that some kids had been sleeping here since Thursday. This is unacceptable... they let the kids in. They were jumping around for a long time and then it was announced there would be no show. Some children were falling to their knees crying."

Promoters of the event, 'Everything is New' apologised for the inconvenience caused and said

the concert has been rescheduled for the 29th of June, the same tickets being valid for entry. The tickets are also reimbursable.

'Everything is New', in a press release said "Tokio Hotel, 'Everything is New' and Pavilhão Atlântico regret the incident and did everything possible for the fans not to lose the opportunity of watching this great show which is included in the 1000 Hotel European Tour".



Fans crying due to the postponement of the German band Tokio Hotel concert on March 16th. (Photo: Miguel Lopes / Lusa)

Hundreds of kilos of cocaine found in ship container

A ship cargo container being held in Lisbon's port and destined for Alicante, Spain, was seized by Portuguese police when more than 500 kilos of cocaine were discovered inside. The recently announced confiscation took place on February 29th and was carried out in cooperation with Spanish police.

Lisbon's Special Maritime Customs officials confirmed in-

side the container there were 514.4 kilos of highly pure cocaine, a quantity large enough to produce around 5.1 million individual doses.

Believed to have originated in Gambia, the substance was divided in 470 separate packages, each weighing over a kilo, in 39 cardboard boxes all stored inside the container. Documents accompanying the container said it contained paper handkerchiefs

and was destined for a Portuguese company, located in the Algarve.

Customs officers singled out the container for further inspection using criteria and techniques designed to evaluate situations of risk.

Their suspicions proved right and it was discovered, through working with Spanish police, that the container was actually destined for Villajoyosa,

Alicante, where a 50-year-old English citizen believed to be the recipient was subsequently arrested.

He was identified upon receiving the container that had been allowed to continue its journey, under police control, and without the drugs, which were removed and kept in Portugal.

The investigation is still on going; it is expected more arrests will be made soon.

Orphanage benefit to be held in Cascais

Concert and dinner is being organised at the Cultural Centre in Cascais, on Saturday, April 12th at 7 pm, to raise funds for the building of the Satchidanda Integral School and Home for Children in Nepal.

The event is generously supported by among others the Foundation D. Luis I of the Cultural Centre in Cascais, the Municipality of Cascais, and the Nepalese Hon. General Consul. It is organised by Ulla Rapazote and her two friends Ann Wallis and Karen Bright.

Three opera singers are rehearsing a special program for this event, and a group of Nepalese children are training to perform national dances in their national costumes. A cocktail is being offered before the concert, and a seated, Nepalese style dinner will follow - all in the

premises of the beautiful, newly restored Cultural Centre of Cascais.

The organisers are hoping for a full house and hope it will be a most exciting and inspiring evening!

The cost of the tickets is €60 per person - should you wish to book - or give a donation - please contact Ulla Rapazote by e-mail: ulla.rapazote@netcabo.pt or send a cheque payable to Ulla Rapazote - AKIN - NEPAL, Av. do Lago 294 r/c A, 2765-420 Estoril, Portugal. Or, make a bank transfer PT50-0033-0000-45350522812-05, marked AKIN-NEPAL (don't forget to separately send your name and address either by e-mail or post!)

Should you not be able to attend, donations are much appreciated!

International opera singers on the road

In October 2007 the International School of the Algarve celebrated the 35th anniversary of its foundation. As part of the festivities, thirty talented singers from the school, joined by fifteen adult singers, performed "The Happy Prince", an opera by Gita Nasta. All three performances were met by standing ovations from large audiences at the Hotel Almorsor, Carvoeiro. Now Gita and her team are taking their spectacular show to Lisbon where their energy and musicianship can again be appreciated.

There will be three performances at the Cascais Cultural Centre on Saturday 26th April at 3pm and 9.30pm and Sunday 27th April at 3pm. St Dominic's International School are kindly giving their support with publicity and organisational help, which is much appreciated.

Ms Nasta, founded and directed the Brussels Youth Opera, staging regular events throughout Belgium, and performing in Ire-

land at the opening of the Waterford International Opera Festival in 1996. Composer of seven operas and five musicals, Ms Nasta has always been motivated by younger voices. Since her arrival in the Algarve a decade ago, she has become well known for her work with young singers at the International School of the Algarve. The school is very privileged to have such a creative Director of Music.

The first performance of 'The Happy Prince' was at the Palais des Beaux-Arts in Brussels in 1981. Since then the opera has been performed many times in English and Dutch. The opera is set in a mediaeval city and the large cast includes two principals, seventeen soloists and a chorus. The music is melodic and catchy and the opera is accompanied by a small ensemble.

Faithfully following Oscar Wilde's touching fairytale, the opera tells the story of a golden statue of a prince who stands

high above his city observing the misery and suffering of the poor. He persuades a little swallow to delay his flight south to Egypt and to take all the prince's gold and jewels to share out among the poor. The swallow has many adventures in his role as messenger around the city.

Gita explained that as a child she had been inspired by Oscar Wilde's story: "It was beautifully written and extremely touching. When the prince demanded that the swallow pluck out his eyes, I was in tears". Years later, when Gita was looking for ideas for an opera, she remembered this vivid scene. This became the starting point of her writing and composing. "I started in the middle, playing with a musical phrase and then recorded it. It was certainly not a linear process." Gita kept as close to the original text as possible as she felt Wilde's writing was both rich and accessible to children. "The poetic qualities of the original prose meant that the lyrics came easily. The music then followed as each character inspired a particular mood."

Students who leave their homework assignments to the last minute will be pleased to learn that Gita's greatest creative drive came from working under time pressure: "For the first performance in Brussels, we had already sold tickets before I had finished writing the music!"

The high levels of profes-

sionalism achieved by the young performers are impressive. They rehearsed regularly for over a year with more intensive practice in the weeks leading up to last autumn's performances. A weekend away together really brought the singers together and helped create a strong sense of team work. The group evolved, aided by a hard-working support team who turned their hands to set design, costumes, make-up, transport of props not to mention the production of endless supplies of sandwiches and soft drinks. Gradually the cast grew into their roles, improvising and adapting to the new challenges as their confidence increased. Gita readily admits that she was probably the most nervous of all the performers before each show. The students themselves exuded youthful energy on stage; by dress rehearsal both the soloists and the chorus were working well together. Ultimately, it is this strong contrast between the lone voices and the power of the large chorus that builds up the tension as the story progresses.

If you have not yet had the privilege of seeing a highly talented group of singers perform the Happy Prince, then it is well worth a trip to Lisbon. Reserve your tickets at the School Office by calling 282 342 547 or book them directly from the Cascais Cultural Centre. Tickets cost €10, €7.50 €5 euros and all proceeds will go to charity.

John Butterworth

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The Palm spreads its leaves



Brazilian artist Danila Chaves and her art adorning the walls of Palm Properties

Palm Properties Real Estate, whose first branch opened in Carvoeiro, in 2003, is currently on the verge of an exciting new phase. Its second branch, located in Silves, opened to the public on Monday, though an official launch party is yet to be thrown. Silves is the second of what will hopefully be seven branches, strategically spread across the Algarve.

According to owner Mark Whelan, Silves was a natural location of choice for a second office due to its "ever-growing popularity and demand for properties in that area".

"It is still traditionally tranquil and rural, and you get more property for your money in Silves", he explained.

Palm Properties' signature, sunny bold colours liven up the interior, the decoration being courtesy of Brazilian artist Danila Chaves, whose own works of art can also be seen adorning the walls.

Twenty-three-year-old Danila is originally from Goias, Brazil, which neighbours with the Amazon. This is reflected in her paintings, strikingly colourful works of art that depict the rainforest's indigenous flora and fauna, life-like paintings of tropical sceneries and exotic birds.

In Portugal for just six months Danila has made a successful career of painting for the past six years. In Brazil she exhibited her

stunning works in her own workshop, here choosing Palm Properties as her first port of call, the brand new Silves office hosting Danila's first exhibition in Portugal.

Passionate about painting since she can remember, Danila's earliest memories of venturing into art were quite different from now.

"Where I came from it was often very hard to find proper art materials to paint with, so I would use natural ingredients, berries and flowers.

"I have always enjoyed it, since I can remember, and now the paintings remind me of my homeland".

The talented young artist's works can be seen in Palm Properties' new Silves office (located just off the main square), along with a complete listing of the agency's 300+ properties, open Monday – Friday, 09h30 – 19h00, and Saturday's from 09h30 – 13h00. As before, ten per cent of all art sales will be donated to a charity of the artist's choice.

Watch this space for more information about Palm Properties' expansion, the next two branches being confirmed for Tavira and Loulé.

For more information, contact (+351) 282 352 100, fax 282 352 570, e-mail palmproperties@mail.telepac.pt or visit website: www.algarve-palm.com.

Parkinson's disease conference in Vila do Bispo

The Associação Portuguesa de Doentes de Parkinson (Portuguese Parkinson's Association) recently held an excellent conference in the Cultural Centre at Vila do Bispo. It was organised and presented by the Chairman of the Barlavento Algarve Branch, Mr. José Luis Mota Vieira.

Speakers included Dr. Carlos Sanchez (neurologist), Dra. Verónica Ferreira (psychologist), Dra. Ana Paula Fontes (physiotherapist) and Dra. Ana Paula Batista (speech therapist) who was not deterred by a few technical problems and managed to show a most informative film of her work with people with Parkinson's.

Books, leaflets, newsletters, magazines, fact sheets and fund raising items were available before and after the conference and all the speakers were happy to answer questions.

The next conference is being planned for the end of 2008 and will be held in Monchique.

For any information on Parkinson's Disease (in English) for those living/visiting The Algarve, please do not hesitate to contact Lynne Allard: (00351) 282 102 969 / (00351) 916 552 590 (mob), or e-mail: lynnel709@hotmail.com

Changes for the East

Changes are occurring at the Eastern Algarve International School at Tavira. The Founder-Director, Terry Payne is stepping down as Director from the end of this term and the School is advertising for a new Headteacher who will be appointed from September.

EAST was established in September 2006 in the Assêca Valley just 5 minutes from Tavira and currently takes pupils of primary age but is planning to move to a new site in approximately three years time when the School will extend its age range and admit secondary students. Eventually the School plans to offer the International Baccalaureate.

The School currently has students from Portugal, England, Spain, Ireland and the United States. Within an extended day the School has a radical curriculum where there is a focus on the needs of the individual and where the arts, health and well-being, languages and links with the local community are highly valued.

A new Assisted Places Scheme just announced by the School allows students who would otherwise not be able to afford to attend to receive 50% discount on the fees. This is thanks to funding from Quinta da Ria Golf and Newlyn Homes Portugal. The School has also been supported generously by Vantea, another development company.

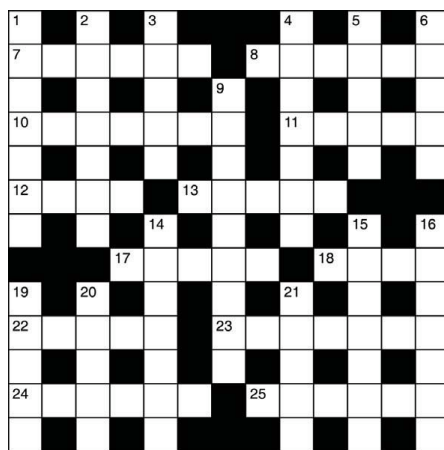
Parents interested in applying for the Assisted Places should contact the School as soon as possible on 912 637 334. Students are selected by interview and short tests and places are awarded.

The School is owned by an association of its parents, staff and friends of the School and recently changed its constitution so that it now has a Board of Directors comprising two nominated by Vantea and two elected by the associates as well as the Director.

In his resignation letter Terry Payne states that he is proud that EAST is already a school where the students are happy and learning well in a safe and secure environment. He is especially proud that so many of the philosophical aims have become a reality, and believes that with the full support of Vantea, parents and the community EAST will achieve its full potential.

Parents or members of the public interested in the school who would like to visit, and other local businesses interested in supporting the Assisted Places Scheme should contact the School.

The Portugal News Crossword No. 184



QUICK CLUES

ACROSS

7. Omitting (6)
8. Dozen (6)
10. Airman (7)
11. New (5)
12. Hoard (4)
13. Grown-up (5)
17. Postpone (5)
18. Lean (4)
22. Kingdom (5)
23. Generous (7)
24. Powerful (6)
25. Agree (6)

DOWN

1. Backsliding (7)
2. Accomplish (7)
3. Malice (5)
4. Cheat (7)
5. Drudge (5)
6. Traded (5)
9. By degrees (9)
14. Pertinent (7)
15. Hire (7)
16. Blow up (7)
19. Reliance (5)
20. Bear (5)
21. Fat (5)

QUICK SOLUTIONS No. 183

Across: 1 Infer; 4 Redress; 8 Resound; 9 Sieve; 10 Shed; 11 Scabbard; 13 Cite; 14 Deft; 16 Sunburnt; 17 Spot; 20 Bring; 21 Antique; 22 Element; 23 Press.
Down: 1 Irresponsible; 2 Fosse; 3 Rouse; 4 Reduce; 5 Disabled; 6 Elegant; 7 Steadfastness; 12 Struggle; 13 Confide; 15 Intact; 18 Pique; 19 Stop.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

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	6		2					9	3
							1		
	1		9					2	
			5			6		3	4
7									9
4	9			8			6		
	4					8		5	
			7						
3	2					1		6	

Last weeks solution:

3	5	6	8	7	4	2	1	9
2	8	7	6	9	1	3	4	5
1	9	4	3	5	2	8	7	6
7	6	1	9	8	3	4	5	2
8	2	3	4	6	5	1	9	7
5	4	9	1	2	7	6	3	8
4	7	5	2	3	6	9	8	1
9	3	2	7	1	8	5	6	4
6	1	8	5	4	9	7	2	3

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com



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Algarve packed with events

The complete schedule for Allgarve 08 was presented by Manuel Pinho, Minister of

Economy, at the "Algarve Invites" Fair held in Oporto last Sunday.

The event, promoted by the Portuguese and Algarve Tourism Boards, has a total of 65 events organised between the 2nd of May and the 2nd of November in various locations of the Algarve.

Concerts, sport and cultural exhibitions and gastronomic schemes are the features for the second edition of the Allgarve.

There are a total of 12 musical events planned, with names such as Lou Reed, Diana Krall, Simply Red, Vanessa da Mata, Mariza and Caetano Veloso appearing.

It might be one of the last opportunities to see Simply Red live, this year's tour being their last one after an outstanding 25 year career.

The Allgarve Jazz Festival is

also part of the programme and Lucky Peterson, Herbie Hancock (Grammy for Best Album in 2007), Manhattan Transfer, Patti Austin, Dee Dee Bridgewater, Maria João and Mário Laginha will be the artists performing.

In the sports section, the F1 Boat Grand Prix, the Portugal Superbikes Grand Prix and the Portugal Rally are the main events to be held, as well as several international golf tournaments, Sailing National Trophy and the World Kitesurf Circuit among others.

Also in the limelight is the Sardinia Festival in Portimão, the Sea-ford Festival in Olhão, the Medieval Fair in Silves, the Sasha Summer Sessions in Portimão, Medieval Days in Castro Marim and the White Night in Loulé.



Minister of the Economy Manuel Pinho, giving a cheque raised from tickets sales from the concerts as a result of the Allgarve scheme. (Photo: Luis Forra / Lusa)

www.the-news.net

Portimão voted best PowerBoat World Championship venue

Portimão's P1 Grand Prix of the Sea organisation was considered as the best host of the event in the 2007 season.

The award, offered by the promoting company of the championship, was given to Jaime Fonseca, Portugal's promoter of the competition, in a ceremony held in Britain.

Apolónia expands after twenty-five years in business



Celebrating its 25th anniversary this month, the Apolónia supermarket, in Almancil, is one of the Algarve's best known and most popular 'gourmet' supermarkets. As part of its celebrations, the establishment has announced exciting new expansion plans, which include a second supermarket in Galé, Albufeira.

Apolónia is as famous for its handpicked products as it is for its founding.

It was established by the Apolónia family and started off as a small grocery store that flourished thanks to its popularity and fresh produce.

Over the years it became increasingly favoured by foreign

cliente, mainly due to its wide variety of 'gourmet' products.

In an era where large superstores and hypermarkets dominate, Apolónia continues to defend its small family-run and based values.

"We have been consistently asked to open other Apolónia stores in Oporto and Lisbon, but

haven't so far as we didn't think we were capable of opening a supermarket in another part of the country and offering the same family-based values", said Paulo Apolónia, son of the original founder.

It has been revealed, however, that a second Apolónia supermarket will open a little closer to

home, in Albufeira, sometime before this summer, feeding a largely touristic market.

A further two stores are planned for the Algarve, between Lagos and Albufeira, though the exact locations have not yet been disclosed, as well as a fifth store for somewhere between Cascais and Estoril.

Downtown Carvoeiro to get facelift

Carvoeiro square is to be renovated at a cost of around €700,000, Lagoa Town Hall has revealed.

"Carvoeiro is one of Lagoa's main tourist areas and the centre has experienced some problems with parking, in a space that should be destined to pedestrians and those who visit us", Lagoa Mayor José Inácio Marques said over the weekend.

The main alterations are aimed at improving traffic and parking.

The existing parking lot next to the beach, with 40 spaces, is going to be closed with a new one opening close to the Algar Seco road, with a capacity for 80 vehicles.

The two roads that lead to the beach, Pescadores and Barranco,

will still be open, but with restricted traffic because there will be no parking areas nearby.

Drivers instead are advised to take alternative routes to travel to different parts of the town.

The main purpose of the renovations is to create a social, tranquil and inviting area for residents and tourists close to one of the most beautiful beaches of the Algarve, explained the mayor.

Also at Carvoeiro beach, the problems of bad smells that used to affect the area appear to have been rectified with the new central sewer.

Carvoeiro's sewers are now connected to the new ETAR (Water Treatment Plant) in Boavista, which cost Águas do Algarve around €6.6 million.

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and learn a few things about your nails in the process.

Splitting, peeling and breaking (to mention just a few) are some extremely common concerns when it comes to one's nails. Yet when you consider the lack of homecare and professional treat-

ment that we give our nails it's hardly surprising. Manicures are still regarded as a luxury and people rarely take hand and nail homecare as seriously as facial homecare.

Very few of us have strong and healthy natural nails and for the majority of people nail extensions can seem like the only way of achieving beautiful nails. Nail extensions are a quick fix treatment. They don't solve any underlying concerns and in some cases can make nail conditions even worse. If applied correctly and by a knowledgeable nail technician they will look beautiful, but if you want to maintain them you will have to commit yourself to extensions indefinitely. Maintaining extensions isn't as easy as it seems, it involves regular infill's which can be time con-

suming, and a sudden break can mean a mad dash to the nail bar. However, the main problem with extensions comes when they are badly applied. It takes a skilled technician to apply extensions and cause no damage to the nail itself. If on for any length of time extensions can also cause damage to the nail which is what prompted Jessica Vartoughian (founder of Jessica Nails) to introduce a post - acrylic range, which focuses on healing the damage caused by acrylic nail extensions. Nail extensions are fabulous for a special occasion, a party or a wedding, but in my opinion they are not a long term solution.

I am a trained nail technician, trained in Silk, Fibreglass, Gel and Acrylic but you won't find them on treatment menu at my salon. I



refuse to do treatments that I don't have any faith in. I believe that everyone can achieve healthy, natural nails through some minor adjustments to their homecare routine and a professional manicure treatment once in a while. There is quite a lot to consider when it comes to growing and taking care of natural nails. Understanding the basics will mean that in the majority of cases you can treat your nails yourself.

Shape

The shape that you choose for your nails is important. Square (completely straight edge) is the strongest shape and a pointed or almond shaped tip is the weakest. Many people opt for an oval or 'squoval' (reasonable square with rounded corners) shape which also provides some strength and limits breakages. It's worth considering the fact that although a square shape seems to

be the most fashionable it doesn't suit everyone. If the bottom of your nail, (where your cuticle is), is very rounded you will be better suited to an oval shape.

Length

The length is also crucial if you want to be serious about healthy nails. Be realistic about your nail length. If you have small children or you are doing lots of manual work long nails aren't a sensible choice. However, they can still look great. Nails with a shorter free edge (the tip) can look great even when painted and can carry a beautiful French Manicure finish even better than long nails as it looks completely natural.

Filing

The way that you file your nails is probably going to be the main change to your current homecare routine. Your nails grow like a dove tail and fan outwards as it gets to the tip. This



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Gloria opens her heart

TV and radio personality, Gloria Hunniford is only too aware of the importance of keeping a healthy heart. The 67-year-old lost her first husband to an undetected heart condition and only a year after her wedding to Stephen Way in 1998, he suffered a small heart attack.

means that if you use a sawing action when filing you can cause splits as you are going against the natural growth pattern of your nail. You should file your nails from one side into the centre and the repeat on the other side.

Buffing

If you buff your nails, you're probably doing it wrongly. Many individuals believe that you buff across your nails to 'buff out' ridges. But look upon this in a similar way to filing your nails, going across the nail can cause damage in the form of splits and repetitive, brisk buffing can cause heat in the nail, which can cause the natural oils to dry up, causing further problems. Always buff from the bottom to the tip of the nail and do so gently.

Following the above advice should enable you to achieve strong and beautiful nails. However everyone is different, for personal advice see your beauty or skin therapist.

Suzie Bell, Senses... skin care centre, www.senses-skincare.com

Then she discovered she had raised cholesterol, putting her more at risk of heart disease herself. "I've been aware for five or six years that it was the silent killer," she says, adding that unlike high blood pressure, high cholesterol has no warning signs.

"I have an overactive thyroid, so everytime I went to see my doctor, he kept banging on, saying, 'Your cholesterol is too high'. It was 6.9 and it should be 5, so he was worried about it."

Cardiovascular disease (CVD), which has been linked to high cholesterol, kills one in three people in the UK. Along with strokes, it is the biggest killer of women, responsible for more deaths than the next five causes combined.

While most women are aware they need to check regularly for signs of breast cancer, cholesterol sometimes doesn't even register, even though it could be responsible for nine times as many deaths. Women aged over 45 are even more at risk of heart disease

due to rising cholesterol levels triggered by the hormonal changes during the menopause, according to research.

Because not enough women are aware of the dangers, Gloria has teamed up with Flora pro.activ to educate more women about this issue, as part of the Check For Change campaign. "The menopause affects women in different ways," she says. "I didn't do HRT (Hormone Replacement Therapy) because of the threat of breast cancer, which runs in our family." Gloria's daughter Caron Keating died from breast cancer in 2004 after a seven-year battle with the disease.

"I know women who really suffer from night sweats and things, but I took alternative medicine and it was really smooth for me. The majority of doctors treat the symptoms but they don't tell you what you have to do. For my mother, it was all downhill after the menopause, but women now are living longer and cholesterol is a real threat."

Gloria took part in Flora's three-week challenge to cut down her cholesterol - and was amazed by the results. "It came down to 5.2 over the three weeks which is the lowest it's ever been," she says. "I heard it could be brought down relatively easily, but I had been struggling for three years."

"I had to step up exercise," she says. "I do try to exercise anyway, but I rode my static bike every day for 15 minutes. On a good day, I'd do 20 to 30 minutes and put it in front of the TV because by the time I'd watched news I'd done the 20 minutes. I have to enjoy exercise."

Sugary treats were also a no-no. "I don't have much of a sweet tooth for puddings, but I have a biscuit and cake cupboard for my grandchildren. I had to put a mental lock on the cupboard," she adds.

"I drank Flora pro.activ drinks, which prevent your gut absorbing bad cholesterol, and when I had those afternoon sugar cravings, I had a yoghurt, so it was very easy to do, I was really



pleased!"

Irish-born Gloria says, "I have always been keen on preventative medicine, I believe we should all give ourselves the best chance. Doctors are under a lot of stress time-wise and the Government should spend more time educating people about their health and more on preventative treatment, so they don't have to cope with full hospitals. Eighty percent of heart conditions are preventable."

As Dr Heather Currie, Associate Specialist Gynaecologist and Obstetrician at Dumfries and Galloway Royal Infirmary in Scotland, says: "Among the common side effects, such as hot flushes and night sweats, raised cholesterol is a symptom that menopausal women can control."

For more information on the Check For Change campaign, go to www.checkforchange.co.uk

Kate Whiting

THE BRITISH RETIREMENT HOME ESTORIL



Founded in the mid-1980's, the British Retirement Home is situated in a quiet cul-de-sac near the beach, within easy walking distance of the centre of Sao Pedro do Estoril, on the Lisbon-Cascais railway line. Open to residents of all nationalities, it comprises 10 unfurnished apartments with a kitchenette and an en suite bathroom as well as 8 individual rooms with private bathroom for those who are less independent. 24 hour Care Support is provided by a bi-lingual team, headed up by a registered Nursing Sister. Links with the local community ensure a steady flow of volunteers to help with outings, shopping trips and social events.

Non-residents are welcomed on a daily basis or for short-term stays for recuperation or holiday periods.

For more information contact 214 688 694 during working hours, or visit www.brhportugal.com

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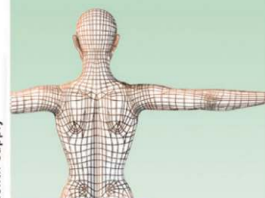
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All the fun of the fair

Eating and drinking at the same time helping underprivileged communities in other parts of the world sounds like a guilt-free invitation to indulge. We've sourced some delicious recipes and food and drink goodies that guarantee producers a good price.

Food shopping these days can seem like negotiating your way through an ethical minefield - should you buy cheap food and ignore animal welfare issues, go organic to avoid pesticides, or low fat to avoid obesity?

The 'guilt' list seems endless but buying food with a Fairtrade mark could be one easy way to ease your conscience.

The logo is an independent guarantee that disadvantaged people in the developing world who produce your food are getting a good deal. The movement was initiated in the late 1980s. This year, well-known chef Sophie Grigson has edited a new book, The Fairtrade Everyday Cookbook, to support the campaign. It's filled with recipes us-

ing Fairtrade ingredients created by aspiring cooks nationwide, as well as celebrities.

Sophie says: "The Fairtrade movement has come a long, long way in the past few decades. It's spreading and growing and drawing in more producers, and, as importantly, more consumers. People are realising that buying Fairtrade ingredients is a small way to make a big difference. Not only do you and I get something good to cook with and eat or drink, but someone else, the person who put in all the work growing or making that item, gets a decent wage. In short, a win-win situation."

But isn't that always the case anyway? No, says Sophie, but for the public, "it comes as some-

thing of a shock to discover that this perfectly fair assumption is often wrong."

Under Fairtrade, producers receive a minimum price to cover the cost of sustainable production and an extra premium that is invested in social or economic development projects.

Olympic hero, Sir Steve Redgrave - one of the celebrities featured in the cookery book along with Natasha Kaplinsky, Oz Clarke, Sheherazade Goldsmith and others - says: "As an athlete I have always thought it's so important to be aware of the origins of my food, which is why I look for the Fairtrade mark when I go shopping."

"With the nature of my work I have been lucky enough to travel around the world and have expe-

rience of the communities that Fairtrade helps. It made me put into context the massive impact that something as small as my weekly shopping can have."

An increasing range of Fairtrade food - not just the original pioneers, coffee and tea and chocolate, but latest additions such as fruit, spices, biscuits, vegetables and jams - is now available at a variety of shops and supermarkets.

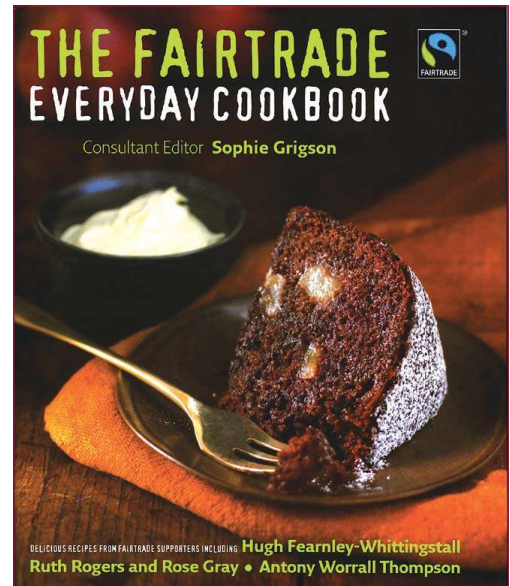
Sainsbury's in the UK sells bananas which are 100% Fairtrade sourced with a large percentage from the Windward Isles, including St Lucia. Inspired by the food from this region, Sainsbury's are passing on some traditional recipes for St Lucian Banana Crumble and St Lucian Banana Bread so you can cook up a Caribbean

storm using Fairtrade ingredients.

Sir Steve Redgrave reveals his favourite pasta dish, Baked

Penne With Dolcelatte Cheese and Radicchio, also using key Fairtrade goodies.

Gabrielle Fagan



THE FAIRTRADE EVERYDAY COOKBOOK

Consultant Editor **Sophie Grigson**

DELICIOUS RECIPES FROM FAIRTRADE SUPPORTERS INCLUDING **Hugh Fearnley-Whittingstall, Ruth Rogers and Rose Gray • Antony Worrall Thompson**

The Fairtrade Everyday Cookbook, consultant editor Sophie Grigson, is published by Dorling Kindersley, £16.99/€21.77.

St Lucian Banana Crumble

Ingredients (Serves 4)

Prep time: 10 minutes
Cooking time: 20-25 minutes
6 ripe Sainsbury's Fairtrade bananas, peeled and roughly chopped
1 tsp juice from a Sainsbury's Fairtrade lemon
3 oranges, juice from 3, zest of 1
1/2 tsp ground cinnamon
50g Sainsbury's Fairtrade caster sugar
1 tsp Sainsbury's Fairtrade Rum

For the crumble topping:
150g plain flour, sifted
75g butter
50g Sainsbury's Fairtrade granulated sugar

To prepare:

Preheat the oven to 190C/Fan

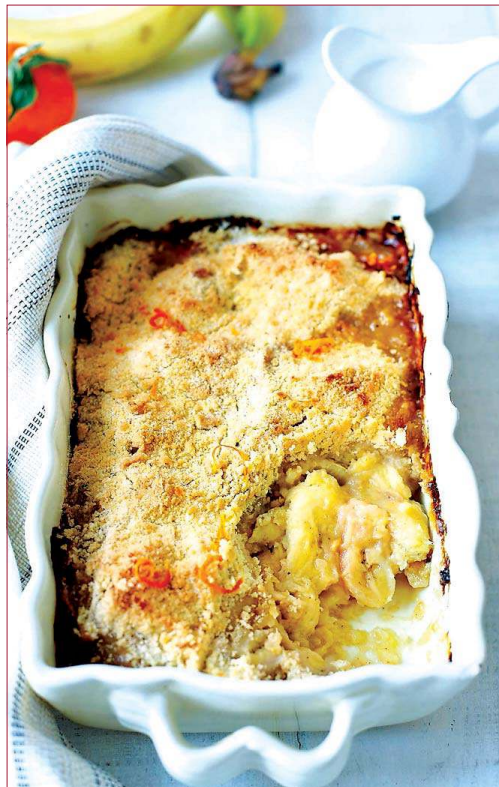
170C/Gas 5. Lightly butter a 1-litre oven-proof dish.

Place the lemon juice, orange juice, most of the orange zest, cinnamon and caster sugar in a large frying pan. Heat and gently poach the bananas for 5-6 minutes. Sprinkle over the rum and spoon the mixture into the prepared dish.

For the crumble topping rub the butter into the flour and stir in the sugar. Sprinkle over the banana mixture to cover completely.

Bake in the oven for 20 minutes, or until the top is lightly browned.

To serve, sprinkle over the remaining orange zest and eat topped with cream.




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Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Pashmina - Your host, Ramin Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving

authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and

Restaurant guide

ALMANCIL

Bistro des Z'Artes
International Menu
Open: 7pm every night
Rua Calvario, 69,
Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant
Delicious dishes from Shanghai
Open: Daily 12.00-15.00 & 18.00-23.00
Rua do Comércio, 94 R/c,
Almancil
Tel: 289 397 642

The Battering Plaine
British Fish & Chips
Open: Mon-Sat 12.00-14.30 & 17.00-22.30,
Sundays 18.00 - 21.00
Next to the Post Office,
Almancil
Tel: 963 731 736

Don Toro Angus Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 18.00-23.00
Sítio das Escanxinas 504A,
Almancil
Tel: 289 355 005

ALVOR

Food Passion
International Cuisine
Open: From 6.30pm. Mon, Wed, Fri, Sun.
Above Caixa Geral Bank, by the taxi rank in Alvor
Tel: 282 314 276 / 912 159 813

Faja Lobi
International & Surinam Cuisine
Open: Daily from 12:00 - 10:00pm
Urb. da Dourada, Lote 1, Alvor
Tel: 282 414 133 / 918 838 484

LAGOA/SILVES
Cattleman
International & Steak Menu
Open: 18:00 - till late
Thursday - Sunday only
Rua do Farol, 67, Carvoeiro

Tel: 282 354 088

LAGOS/LUZ

Pashmina
Authentic Indian food
Open: Daily 12.00 - 2.30pm & 6.00 - 11.00pm
Below the Church in Praia da Luz
Tel: 28789 667 / 960 433 376

Vila Palmeira
Gourmet restaurant
Open: Restaurant - 19.00 to 24.00
Bistro & Bar - 11.00 to 24.00 (Both closed Mondays)
Meia Praia, Lagos
Tel: 282 770 902
Tel: 282 762 091

Don Toro Angus Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 12.00-15.00 & 18.00-23.00
Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine Bar
Portuguese & International Tapas + full menu
Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.
Tel: 282 767 946

No Patio
International Restaurant
Open: Thurs-Sat. from 18.30 Sunday from 13.00
Rua Lançarote de Freitas, 46, Lagos
Tel: 282 763 777

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St. Lucian Banana Bread.

St. Lucian Banana Bread

Ingredients (Serves 8-10)

Prep time: 10 minutes
Cooking time: 1hr-1hr20 mins
100g butter, softened
225g Fairtrade caster sugar
2 medium eggs, lightly beaten
4 Sainsbury's Fairtrade bananas, peeled and thoroughly mashed
225g plain flour, sifted
2tsp baking powder
Pinch salt
50g shelled walnuts, chopped
To prepare:
Preheat the oven to 180C/Fan

160C/Gas 4. Grease and line a 20 x 12cm loaf tin.

Beat together the butter and sugar until creamy, then gradually stir in the eggs, little by little until fully incorporated. Stir the mashed bananas with the flour, baking powder and salt into the mixture until well blended, then fold in the nuts.

Spoon into the prepared tin and bake in the oven for 1 hour to 1 hour 20 minutes until well-risen and golden brown. Transfer to a cooling rack and serve in slices.



Fairhills Mendoza Vineyards Shiraz Tempranillo, awarded Best Argentinean Red at the recent Fairtrade Wine Awards for taste and quality.

Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Faja Lobi is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grand-mother. Recently opened in Alvor and believed to be the first and only such restaur-

ant in the Algarve, dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking areas, plus a 'happy hour' between 5pm and 7pm with Dutch and Suriname snacks. Try their Surinam Ricetable at only €15 per person. Reservations are recommended and big groups are welcome, with seating for up to 100.

Baked Penne with Dolcelatte Cheese & Radicchio

Ingredients (Serves 4)

Prep time: 15 minutes
Cooking time: 12-15 minutes
50g butter, plus extra for greasing
250g dried penne rigate
250g button mushrooms, sliced
1 Fairtrade red pepper, sliced
2 garlic cloves, finely chopped
1tbsp finely chopped fresh sage, plus leaves to garnish
1 small head of radicchio, weighing 250-275g, cored and finely shredded
250ml double cream
50g Parmesan cheese, grated

175g Dolcelatte cheese, cubed
Salt and freshly ground Fairtrade black pepper

To prepare:

Put a large saucepan of water on to boil. Preheat the oven to 220C/Gas Mark 7. Butter a 23x28cm (9x11) ovenproof dish and set aside. When the water has come to a boil add the pasta and cook until it is just al dente, according to the instructions on the packet.

Melt the butter in a large frying pan meanwhile, and fry the mushrooms, pepper and garlic for about five minutes until softened.

Stir in the sage and radicchio and remove the pan from the heat.

Combine the cream, Parmesan, and Dolcelatte together in a very large bowl and set it aside. When the pasta has cooked drain it thoroughly.

Add the mushroom mixture and the cooked pasta to the cheese mixture and stir to combine. Taste and adjust the seasoning.

Transfer the mixture to the ovenproof dish and bake in the oven for 12-15 minutes, or until the top is browned and bubbly. Garnish with the fresh sage leaves to serve.



The Portugal News eNewspaper: www.the-news.net

PASHMINA

TANDOORI-INDIAN RESTAURANT



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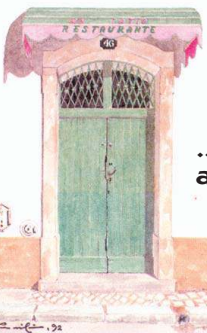
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Upgrade to the ultimate in luxury bathrooms



"Whatever the size of the customer's realistic budget we can provide a luxurious bathroom", says Stephen Biss, founder of 'Luxurious Bathrooms'. Established in Portugal since 1985, the company has the skills and the expertise to turn a simple bathroom into a relaxing, beautiful room.

Stephen Biss has experience in creating luxury bathrooms that dates back to his teens. From complete renovation jobs to simple updates, his work will meet the requirements of the most meticulous clients.

More of an advantage, given the fact Stephen has lived in Portugal for 22 years, he also maintains excellent relationships with loyal suppliers and operatives alike.

Luxurious Bathrooms take the time and care needed to give a full comprehensive service; firstly, a complete price quotation based on the customers' requirements will be issued, with no extras in small print, all written out on a co-signed document.

References and assessments of previous jobs can be supplied.

"We believe that a bathroom, like everything else, needs to be meticulously planned in conjunction with the client, putting his or her wishes and needs first as it is the client who is going to use it everyday", says Stephen.

Luxury Bathrooms also offers expert advice and assistance with the selection of all materials, which can be seen on display in their showroom in Lagoa.

Comprising the showroom are baths, wash basins, bidets, toilets, taps, shower enclosures, tiles, borders, and any other bathroom component, in a variety of colours and styles.

Furthermore, hundreds of possible designs and layouts for bathroom interiors can be seen.

Skilled tradesmen carry out all jobs, an extra guarantee that everything will be fully functional. As bathroom jobs can get very messy and dusty, Luxurious Bathrooms close off adjacent rooms with plastic doorway sheets so as little an area as possible is affected.

When complete, clients are invited to inspect their new bathrooms, to make sure everything

is to their expectations and satisfaction.

With three teams of four tradesmen, all very highly skilled, Stephen can confidently say that after so many years in the trade, providing an efficient and smooth job is now an easy task.

Stephen regularly checks all jobs in development, giving clients his undivided attention at all times.

The biggest pleasure from his job is seeing the end result, a quality bathroom and a satisfied client.

If you would like more information please call Stephen Biss on: (+351) 966 521 828, or email: luxuriousbathrooms@sapo.pt.



Faro Airport Pharmacy, the perfect remedy



As one of Faro airport's recent additions, the Airport Pharmacy has also proved to be one of its most important, not only to the thousands of passengers that come and go through the terminal, but also to many local residents who opt for the airport's pharmacy due to its efficiency and convenience.

Opening every day at 08h30 and closing at 23h00 means it offers a reliable timetable.

People from all over Faro make their way there, not only due to the private parking, but also to make use of its high-tech services.

A range of analyses and check-ups can be carried out in the establishment and take only a matter of minutes.

Amongst these is a cutting-

edge heart monitor, a small, handheld device that, through being held in both hands, can determine the cardio stress index, as well as cardio frequency and rhythm.

Also available are weight, IMC and blood pressure tests, as well as cholesterol, glycaemia and uric acid analysis.

A PSA prostate illness-detecting exam is also available, and most exams will take between a

few minutes to quarter of an hour maximum.

Complementing the tests is a wide range of medications, homeopathic and clinical, as well as veterinary, baby and dietary products, and subscription drugs.

In the event of missed or delayed flights, hungry babies are catered for with a large range of foods and drinks; the ever-necessary toothbrush and paste is always a popular seller, along with sun creams, ear or nose drops, and other travel-related requisites.

Over the past five years the airport pharmacy, which is still under the supervision of Drª Marília Barros, has become a first port of call for all passengers feeling unwell.

Advice is always on hand, and, if in doubt, customers can be directed to the airport's duty nurse. For more information, call the pharmacy on tel/fax: (+351) 289 819 740.



Fine furnishings for your home



Furniture World, as it is appropriately named, is a two-storey showroom filled to the brim with top-quality wood furniture, ranging from individual pieces that are contemporary in design, to complete, traditional furniture sets. If variety and ample choice is what you are looking for, look no further.

Located in Chinicato's new industrial estate, just before Lagos, Furniture World offers a wide range of top quality pine, oak, ash and Indian furniture.

Though Graham and Christine Pippett are relatively new to Portugal they bring with them more than 20 years experience in the furniture business.

The couple moved to Portugal eight months ago and re-

nearby warehouse, therefore allowing a free delivery service to take place with minimal waiting times. Purchases will generally be delivered within 48 hours, sometimes even the same day.

Graham says starting the business in Portugal was simple and easy, and although it has only been four months since the opening of the shop, business is booming.

the showroom are English, a new marketing approach is being carried out to reach a wider range of nationalities.

Furniture World can also provide customised furniture packages, to fulfil all customer's needs and requirements, and at the same time offer informative advice on all products.

Sandrine Reis, sales manager, can be found most days at the showroom and is more than happy to provide any information needed.

She is fluent in Portuguese, English, Spanish and French, as well as dabbling in German!

The showroom is open weekdays from 10h00 until 18h00 and on Saturdays from 10h00 till 16h00.

For more information please



planted their successful, UK-founded business in Chinicato just four months ago, and are now in full swing.

Importing solid wood furniture from around the world, Furniture World offers pieces that are unique to the Algarve, from budget items to true pieces of superior craftsmanship.

Three-piece suites can be purchased in several different setups, colours and designs, the underlining level of quality being upheld in all items.

Beautiful rugs, paintings and gift vouchers for those 'hard-to-buy-for' individuals are also available.

A large stock is kept in a



From past experience in England, Graham and Christine know what sells and what doesn't; only good quality items and desirable products are displayed.

Most customers visiting at

call Graham, Christine or Sandrine on: (+351) 282 798 263,

Alternatively, keep an eye out for the soon-to-be-launched Furniture World website: www.furnitureworld.pt.

Spring is here...



And so are the new season's ranges at Moveison, one of the Algarve's finest outdoor living stores. Owners Andre and Chris Winstanley have been busy this winter finding new outdoor living products to make the outdoors the best 'room' of your property in the sun.

New ranges from existing furniture suppliers such as Cane-line, Sun Furniture, Emu, Nardi and Mirage have just arrived, along with a new supplier, 4 Seasons Outdoors, whose fabulous new ranges include 5mm Poly Rattan Weave, making Moveison, to their knowledge, the first and only retailer in the Algarve to have this great new product.

There is a vast range of outdoor accessories, which will make your patio, conservatory, or terrace complete, handpicked to complement the quality furniture.

To tickle your taste buds, Moveison are currently stocking their largest ever range of gas and charcoal barbecues and BBQ accessories, from quality brands such as Beefeater. They are also the only authorised Weber BBQ dealer in the Western Algarve. All BBQs are delivered and assembled, so all you have to worry about is what to cook.

Add to the above practical

items like outdoor glass and dinnerware, Outdoor thermometers, artwork, covers and shading for every size of area, Moveison can truly claim to be amongst the Algarve's finest outdoor living stores.

A large purpose-built warehouse means the company carries large stocks and can deliver quickly, free of charge anywhere on the Algarve.

The team will build and take away any rubbish that is left over,

leaving you free to sit back and enjoy the sun.

An experienced and cheerful staff speak English, German and Portuguese, and are looking forward to showing you the new spring collections.

Pop into the large showroom to see the full range on the EN 125 in Chinicato close to Junction 2 of the A22, close to Lagos, or visit www.moveison.com. Moveison look forward to welcoming you soon.



PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 22 Mar 2008

PROPERTY OF THE WEEK

A Trendy Tavira residence



Located in Perogil, an architecturally trendy cul-de-sac in an up-and-coming neighbourhood just a short walk from Tavira city centre, this week's featured property is rather unique; of contemporary design it boasts a minimalist interior based on open spaces, ample light and an overall Zen-like feel.

It is a chic, four-bedroom villa, spread over four floors, all connected by a modern 'suspended' staircase of light oak wood treads and metal thread hand rails.

Open all the way up to the fourth floor inside, on the outside the front façade boasts a three-quarter high decorative window of Art-deco influence.

Through the main door, in the hallway, on the left there is a cloakroom equipped with built-in wardrobes and a separate guest WC.

Second left is a beautifully designed kitchen, complete with a central island, where the sink is located, served by a chic suspended tap. Finished to very high specifications, with quality fixtures, the kitchen is streamline and has intelligent storage solutions like flush, frosted glass cupboards and concealed appliances.

A door from the kitchen opens straight onto an exterior patio where there is a covered dining area and an al-fresco kitchen, complete with gas barbecue.

Through from the kitchen (or right from the main entrance hall) is the lounge and adjacent dining area. A series of double aspect patio doors front the entire room and lead straight onto expansive terraces. When fully open, for example during the warmer months, the two areas merge to make even larger living spaces. The patio outside the dining area is fully tiled and has decorative raised, square

flowerbeds for decoration. As the majority of the 1,100 square-metre plot surrounding the property is paved and tiled, having only enclosed flowerbeds, it makes gardening water-friendly, low-maintenance and an all round easy task.

As a functional yet interesting feature, the lounge area boasts a contemporary fireplace, which sits flush in the chimneybreast.

The first floor is made up of three bedrooms; a master bedroom – a huge room that comprises a sleeping area, separate dressing area with two facing walls of built-in closets, and a large, modern ensuite bathroom complete with walk-in shower and a freestanding tub – two guests bedrooms and a shared family bathroom.

Both twin guest bedrooms have windows with sea views, the

master bedroom having a spacious private terrace that overlooks the stunning Asseca valley.

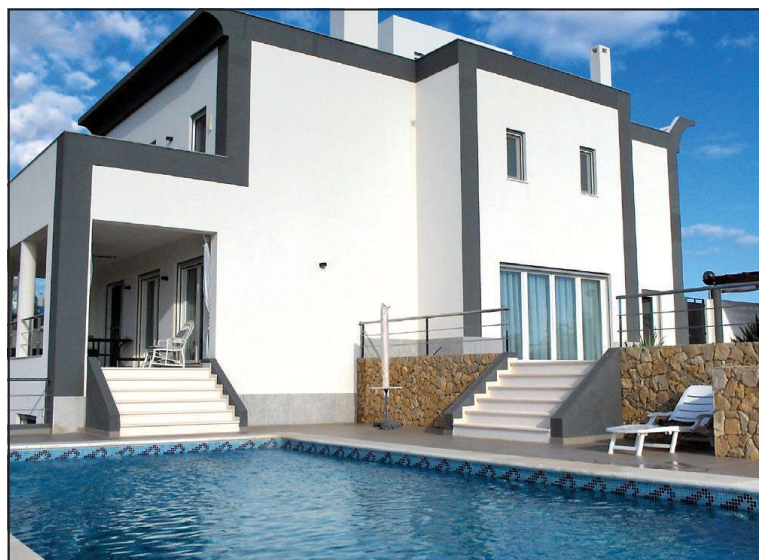
Up again there is a roomy, open roof conversion that is ideal as a study, home office, a library, or a fourth bedroom.

From here there is direct access onto the roof terrace, a brilliant little suntrap from where panoramic views of the valley, surrounding neighbourhood, and out to the Ria Formosa and coast can be enjoyed.

From the outside terraces and down a level is a good-size saltwater swimming pool.

Under the pool is even more space for storage, in the pump room.

Down from the main entrance (or directly down the side of the property, from the road) is an oversized garage, divided into stor-



age space, parking for two, and an adjacent area that is self-contained and, as it has a toilet and shower, could easily become a self-contained studio.

It is pre-installed for a sauna, and would also make the perfect home-gym.

Throughout this villa leading brand materials can be found, like the German-manufactured PVC windows and water softener.

No expense has been spared in quality finishings throughout the villa, even in the garage. It also has a central vacuum system, air conditioning and underfloor heating in all rooms, electric shutters and a complete security system.

This property is currently priced at € 895,000.00. As the furniture reflects the feel and overall character of the property, it is also negotiable.

Overall, this is an excellent property that has an intelligent use of space, being beautifully light and bright and bursting with potential; a home that has the capability to grow with a family.

For more information, contact Land and Houses Algarve – Yellow Homes Real Estate on: (+351) 281 320 280, fax: 281 321 901, e-mail: info@landandhousesalgarve.com, or see website: www.landandhousesalgarve.com.



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- Apartment: 124m²

Ref. A1075
Price: € 355.000



Vila Nova de Cacela

- Spacious new villa
- Lovely ocean views
- 3 bedrooms 3 bathrooms
- Pool 10m x 5m & garage
- Close to golf courses
- Villa 260m² plot 1.000m²

Ref. V1076
Price: € 525.000



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- To over € 2.000.000

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Loulé

- Lovely traditional villa
- Beautiful country views
- 3 bedrooms 2 bathrooms
- Oil fired central heating
- Garage, barbecue, garden
- Villa 180m² plot 1.100m²

Ref. V1082
Price: € 350.000



Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref. V1049
Price: € 1.300.000

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8125-432 Quarteira

Algarve - Portugal

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Fax: 289 315 578

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www.vendavilla.com



Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 175,000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area and fireplace, equipped kitchen, storage, laundry room, various terraces and roof terrace. Exterior parking area, communal swimming pool and garden area.

Ref: V12548 Price: € 350,000



Vilamoura

Spacious apartment composed of 4 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and large terraces. 2 parking spaces and storage in the basement. Communal swimming pool and garden area. Const. area - 190 sq.m.

Ref: A1232 Price: € 475,000



Pereiras

Beautiful villa composed of 4 bedrooms, 4 bathrooms, 2 lounges, dining room, kitchen, storage and laundry room. Swimming pool and garden. Plot area - 5.080 sq.m. Construction area - 380 sq.m.

Ref: V12446 Price: € 995,000



Parragil

Beautiful and spacious villa composed of 4 bedrooms, 6 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room & terraces. Garage & barbecue. Swimming pool & garden. Sea view. Plot area - 2.100sqm. Construction area - 500 sqm.

Ref: V12549 Price: € 1,200,000



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Albufeira

Charming end terrace 2+1 bedroom townhouse in a closed condominium with private garden with summerhouse, parking and shared swimming pool...Excellent Opportunity!!!
Price: € 244.000,00
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Olhão Surroundings

Villa w/ 3 bedrooms on the main house, plus 3 bedrooms on the 1st floor w/ separate entrance & a separate studio w/ kitchenette. Large size garden, sw.pool & parking space...all in an approx. 5760 sqm plot.
Preço: € 525.000,00
Ref.: MG-VIV-0108
Call: 915 599 243



Fuzeta

Charming 3 bedroom cottage set in a 770 sqm fenced plot with garage, parking space, 2 room annex to the main house, garden...excellent price!!
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AMI 7557

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Vilamoura

2 Bedroom / 2 Bathroom top floor apartment with indoor and outdoor swimming pools, gymnasium and tennis courts overlooking the "Millennium" golf course in Vilamoura.

Price: €330,000 / €227,000



Almancil

Luxury 2 Bedroom "Fully Furnished" townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes Drive of Quinta do Lago & Vale do Lobo beaches and golf courses.

Great Value, Must Be Seen!!
Price: €345,000 / €237,000



Vilamoura

Large 2 Bedroom townhouse located on a nice complex at the Old Village. The house offers air-conditioning, underground parking & storage and large roof terrace with golf and seaviews.

Exclusive to Silver Holidays
Price: €420,000 / €289,000



Vilamoura

2 Bedroom / 2 Bathroom detached villa with private swimming pool in need of renovation/modernisation with large garage currently converted to offer a 2 bed apartment with kitchen & Bathroom.

Good Investment Project !!
Price: €450,000 / €310,000



Vilamoura

Beautiful 3 Bedroom / 3 Bathroom detached villa offering a sunny terrace w/ private swimming pool, located within a few mins walk of Old Village and its amenities. The villa is sold "Fully Furnished" and is an ideal holiday home.

Price: €495,000 / €341,000



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VILAMOURA

Ref° V82062

1 bedroom apartment on a very quiet area, between the Pinhal and the Old Course. Complex w/ communal pool. Near all amenities (supermarket, bars, restaurants, coffee shops...) 83 sq.m. constr. area. Furnished & equipped. 2 large balconies. South/West facing w/ lovely view over the sea. Underground storage room. Excellent investment.

Price: € 117.000



ALBUFEIRA

Ref° V82060

4 bedroom detached villa on a very quiet residential area. Approx. 15 mins drive to the beach. 675 sq.m. plot w/ 287 sq.m. of constructed area. Top quality finishes. Fully fitted kitchen. Living room w/ fireplace. 4 en suite bedrooms. Private garden w/ lovely pool area.

Price: € 560.000



VILAMOURA

Ref° A82054

2 bedroom apartment excellently located near the beach. Complex w/ garden & pool. 100 sq.m constr. area w/ highest standards. Furnished & equipped. A/c. Pre installed for surround sound sys. 2 large South facing balconies w/ fabulous sun exposure & lovely panoramic country views. 1-car underground parking. 1 storage. Great invest.

Price: € 215.000



VILA SOL

Ref° V71850

Quality 3 bedroom apartment in priv. complex within 5-star golf resort. Just mins walk to Vila Sol Club House & new Spa facilities. Furnished & equipped. A/c in both bedrooms & living room. Large balcony facing immaculate grounds & communal sw.pool. 5min from Vilamoura Marina & beach. Excellent investment.

Price: € 375.000



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**Neighbourhood Tavira**

Typical algarvian cottage w/ a covered area of 129m², in need of complete restoration, surrounded by 1.587m² of land with several trees: almond, orange and fig. Situated in a small hamlet, approx. 2 Kms from Luz de Tavira and 4 Kms from Tavira.
Ref: EA 055 TCT – € 158.000

**Conceição de Tavira**

Attractive 2 bedroom, 2 bathroom apartment situated within an urbanization on the 1st floor, opposite of Benamor golf course, within walking distance to shops and public transport, 5 min. drive to Cabanas and beach. To be sold furnished and equipped.
Ref: EA 060 ACON – € 149.000

**Neighbourhood V. Nova de Cacela**

Brand new 4 bedroom, 4 bathroom villa, w/ underfloor heating (bathrooms), pre-installation for central heating, solar panels, close to various famous golf courses, walking distance to small village, 10 mins from Tavira, lovely views, surrounded by 900m², w/ 32m² swimming pool. Garage.
Ref: EA 058VVNC – € 490.000

**Terraced house - Cabanas**

In need of "TLC", this 2 bedroom, 2 bathroom terraced house on 2 floors w/ several terraces, patio area & roof terrace, within a charming urbanization w/ access to sw. pool & walking distance to Cabanas, beach/lagoon, public transport & shops. Ideal holiday home w/ brilliant letting potential.
Ref: EA 059 THC – € 190.000

**Neighbourhood Tavira**

High quality 3 bedroom terraced villa with central heating, air con., small garden area, swimming pool (9 x 4 m), situated in a new residential area, 5 mins. from the centre of Tavira, Cabanas/beach and various golf courses.
Ref: EA 061 VNTAV – € 335.000

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- 63.65m² Swimming Pool

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**Parque da Floresta**

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- Terrace
- Resort & Countryside Views
- Golf Rights
- Communal Swimming Pool

€299,000

P963T

**Quinta da Aldeia**

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- Superb Countryside Views
- Spacious Terrace Area
- Log Burning Fire
- Golf Rights
- Communal Swimming Pool

€216,000

A500T

**Quinta de São Roque**

- Fractional Freehold
- 3 Bedroom, 2 Bathroom
- Breathtaking Sea Views
- Fully Furnished
- Golf Discount
- Communal Swimming Pool

€102,000 Quarter Share

R613A

**Parque da Floresta**

- Fractional Freehold
- 3 Bedroom, 3 Bathroom
- Open Living/Dining Room
- Terraces
- Golf Rights
- Communal Swimming Pool

€146,500 Quarter Share

V445T

AMI Nº 7154



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**Calixos (Olhão)**

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarapacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.
Ref. 1711 Price: € 470.000

**Fuseta (Olhão)**

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.
Ref. 1703 Price: € 200.000

**Santa Maria (Tavira)**

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.
Ref. 1700 Price: € 126.000

**Pinheiros de Marim (Olhão)**

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.
Ref. 1698 Price: € 239.000

**Aldeamento de Marim (Olhão)**

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment.
Ref. 1664 Price: € 85.000

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**Boliqueime**

A magnificent location for this brand new 4 Bedroom Villa, nearing completion & available to finish to the buyer's requirements. Fantastic 180 degree sea views in an elevated position & close to all amenities of the Algarve. Not to be missed!
Ref: 196LLE-M Price: € 795.000

**Dunas Douradas**

Excellent 4 bedroom Villa w/ 2 floors in Dunas Douradas between Vale do Lobo & Qº do Lago. Fully equipped kitchen & fully furnished. All bedrooms en suite. Large living & dining room w/ fireplace & glass doors leading to Patio. 5 mins to Golf Courses, beach & all amenities.
Ref: 186LLE-M Price: € 850.000

**Stª Bárbara de Nexe**

Most beautiful location for this 5 bedroom Villa w/ fantastic sea views & set in beautiful established gardens, including a restored Windmill. 5 bedrooms (2 en suite), very large-south facing lounge, that leads to patio & pool & views of Ria Formosa Nature Reserve.
Ref: 215FAR-M Price: € 750.000

**Campina**

Delightful & very pleasing 3 bedroom Villa, w/ good views, nice Pool, garage & gardens, just been redecorated throughout. 2-car parking plus garage space. Just north of S.Brás Alportel, central heating. Could separate for holiday lettings. Really good value for money.
Ref: 198SBA-M Price: € 380.000

**Calçada (S.B. Alportel)**

Delightful Quinta in quiet & peaceful location, close to S. Brás Alportel. 3 separate self contained Villas plus an annexe & Carport, all in a plot of 910 m². 5 bedrooms, 3 bathrooms, Salt-water pool, beautiful gardens & private parking. Excellent rental potential and a peaceful residence all in one, with further development potential.
Ref: 211SBA-M Price: € 415.000

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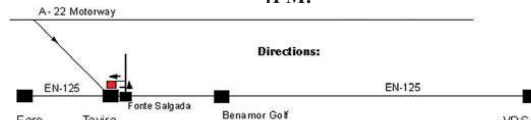
**Tavira**

Modern, three bedroom/ two bathroom villa with garage in a gorgeous setting, just a short drive from Tavira, with good road access. Spacious living room, large fully fitted and equipped kitchen, roof terrace. Constr. 189m², Plot 2480m², built 2005.
Ref: LHV-940 Price: € 375.000

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We invite you to our OPEN HOUSE day in urb. Miramar, a quiet zone close to Tavira center. 2 and 3 bedroom quality properties located in **Rua Bartolomeu Dias, Lt.19.**

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**Moncarapacho**

Exceptional, cared for, 4 bedroom Quinta style property on a sheltered plot with lots of different fruit trees. Large living room, big open plan kitchen, lovely garden / terraces for al fresco dining. Constr. 247 m², plot 1510m², built in 1998.
Ref: LHV-973 Price: € 550.000

Stunning villa in one of the Algarve's most sought after locations

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Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ----- € 975,000 Euros

For further details and an appointment to view Call Chris on 289 396 754



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Salicos

Two bedroom apartment w/ established garden & very private BBQ area. Communal pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/floor heating in bedrooms, ideal for rental or permanent occupation.

Ref. A-237 Price: € 250,000



Carvoeiro

Walking distance to beach and village centre. Two bedroom apartment, one bathroom. Good size lounge / dining area. Open plan kitchen. Balcony. Very neat and very clean.

Ref. A-236 Price: € 135,000



Carvoeiro central

Luxury apartment on the third floor composed of 1 double bedroom, one single, lounge / dining area, modern kitchen + bathroom, large south facing terrace, elevator, parking, security. Close to beach and shops.

Ref. V-239 Price: € 97,000 (only)



Centianes

Immaculately maintained apartment with magical sea view. 2 large bedrooms w/ own bath & / or shower room. Spacious kitchen / dining area. Lounge leading to big veranda. Apartment is heated & furnished. Pool, tennis court, covered parking. 2 mins walk to beach.

Ref. A-238 Price: € 170,000



Near Silves

Charming detached farmhouse on 1,200 m² plot. 2 double bedrooms, shower room, spacious lounge / diner. Equipped kitchen w/small pantry. Large covered patio. Nice garden. Air con, wood burner, garage / workshop, utility. Space for pool, own borehole

Ref. V-351 Price: € 269,000

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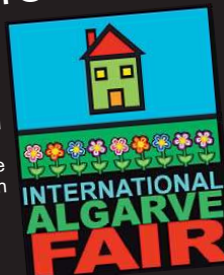


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Detached Big Villa - Home with Income - Alvor / Praia do Vau

OPPORTUNITY Top Price: €549,000.

- Built in 2000 to the highest standards. 8 bedrooms, 344m² living area on different floors
- Quiet and small urbanization, pool, garden, terraces, lovely country views
- Walking distance to the village, very near to beach. Sea Views

Ref.: S246



Detached Villas & Homes with Income in Different Areas

- **LAGOS AREA.** S194. 6 bedrooms plus (several apartments), very quiet area, not far to the beaches. €699,000.
- **MONCHIQUE AREA.** S23. Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside. €550,000.
- **MONCHIQUE AREA.** S76. Composition of 4 houses with total 5 bedrooms, pool, 180m² living area, terraces, on 2.200m² land, €200,000.
- **SILVES/MESSINES AREA.** S83. Rural property w/ main house & two houses to let: each 2 beds, lounge, kitchen & bathroom. Fenced plot, lovely garden w/pool in unspoilt countryside. €599,000.



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- Pool w/garden, terraces & balconys w/sea views
- Spacious garage w/utility room, great potential.

Ref.: ST262



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- **ARMAÇÃO DE PÊRA.** S266. Quiet, huge house, ideal for home with income, sea views. €425,000.
- **ALGOZ.** ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. €199,000.
- **PERA.** ST261. newly built, quiet area, walking distance to village, nr beach & Salgados golf, 3 beds, big living kitchen, patio w/BQ, sea views. €250,000.
- **CABANAS.** ST204. Front line position. Ria Formosa / sea, 2/3 bedrooms, holiday resort. €500,000.



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Detached Big Villa - Home with Income - Lagoa / Porches

OPPORTUNITY Top Price: €595,000.

- Near to the international school in Lagoa, quiet area, big plot, lovely views.
- 260 m² living area plus terraces, pool, space for tennis court.
- 2 apartments, one studio under one roof. Big potential, all with separate entrances.

Ref.: S257



Detached Villas & Homes with Income in Different Areas

- **SÃO BRAS,** East Algarve, S168, rural property with annex & neighbouring buildings, 450m² living area on 4.670m² plot, walking distance to village, very quiet. Lovely countryside. €550,000.
- **PADERNE AREA.** S197. Main house, 2 bedrooms, studio, pool, garden, terraces, lovely views. €295,000.
- **MESSINES AREA** near lakes, S275. Huge country house, 5 bedrooms on 20.000m² plot, 225 m² living area, pool, garden, terraces, beautiful views. €795,000.
- **MONCHIQUE AREA.** S190. Huge property, 6 bedrooms, 15.000 m² plot, several guest houses, 550 m² living area, Spacious pool with island, sea views in the distance. €749,000.



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Well located T3 apartment in Lagoa

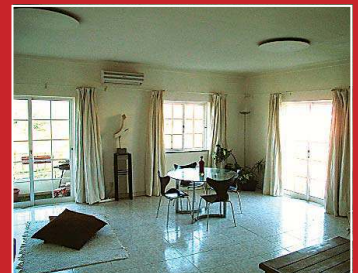
Top floor T3 Apartment excellently located on the outskirts of Lagoa, with views across the fields, while being a stone's throw from a gymnasium, theatre, police station, health clinic, school and shops. Situated in a pretty, landscaped cul-de-sac, the apartment has a light and spacious lounge overlooking the countryside, three bedrooms, two bathrooms, kitchen and two balconies. Being only 5 minutes drive to the beach and various golf courses makes it an ideal holiday home and a great investment.

Type: T3 or lux T2 • Size: approx 100m2

Price: €130,000

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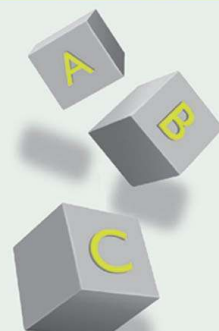
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Summer bulb beauties

The daffodils may be blooming, but if you want to dazzle your visitors with summer colour, you ought to be thinking about planting summer bulbs throughout spring.



Gladiolus Callianthus Murielae.

While most spring-flowering bulbs can be planted at any time in the autumn, summer-flowering bulbs need more care. Lilies should be planted in early spring before the bulbs dry out, while dahlias, cannas and begonias that are not frost-hardy should be planted out now. While dahlias have sprung back into fashion in recent years, the once-gaudy gladiolus, a favourite of Dame Edna Everage, is also making a comeback in more subtle colours which would suit most tastes.

The delicate-looking Gladiolus callianthus 'Murielae', originally from central Africa, has been crowned the 2008 Summer Bulb of the Year at the annual event hosted by The Netherlands Flower Bulb Information Centre.

Industry experts voted it the 'must have' bulb to plant this spring, for blooming in summer 2008, because of its appearance, versatility and ease of growing. It also has a delicious perfume to

be enjoyed on mild late summer evenings.

This upright perennial with fragrant white flowers and distinctive purple markings in the throat, has sword-like grassy leaves about half as tall as the 45 to 60cm arching flower spikes.

The flowers look particularly dramatic against a dark, leafy backdrop of summer-flowering evergreens such as cistus or escallonia or a deep dark-leaved Berberis.

It flourishes when planted 10-16cm deep in fertile, well drained soil and in full sun. The flowers bloom from August to September. Plant it in an accessible area of the garden, such as beside a pathway, where you can enjoy the fantastic scent.

Gladioli can also be used to fill gaps in borders, especially the late-flowering types, which provide a burst of colour when many other flowering shrubs and perennials have faded.

All gladioli - and many summer-flowering bulbs in general - like rich, free-draining soil in a sunny, sheltered position. Plant gladioli in clumps of five to seven corms, 10cm deep and 10cm apart, during March and April.

If you're growing bulbs in heavy clay soils, lighten them with compost and sand or grit, to ease drainage.

Large-flowering gladioli can be difficult to incorporate into mixed beds because their tall, heavy spikes can look incongruous against other plantings, but smaller species and hybrids are lighter and prettier and blend in more easily.

Try Gladiolus communis subsp. byzantinus, a cottage garden favourite with 90cm spikes carrying bright magenta flowers above the sword-shaped leaves. This one will spread to form large clumps if left undisturbed, which are easily lifted and divided.

Another good variety is Gladiolus x colvillei 'The Bride', producing elegant, ivory-white flowers on 60cm stems, which are great for cutting, or G. 'Prins Claus', a slightly larger variety with soft red-pink markings on the petals. These two types are often sold in a mix of G. nanus varieties, and look good in groups of 10 or more at the front of a border. They also look good against silver shrubs.

Hannah Stephenson

What's in store

Now is a good time to see where there are bare patches in your garden needing more colour. The following plants will give an instant effect.

Some of the most beautiful of the flowering plants are at their best at the moment and include the *Osteospermums*, often found in garden centres under their former name, *Dimorphoteca*. Their largish daisy type flowers are in a variety of colours that range from white through cream to pink and deep purplish blue. One of the many cultivars is the unusual, spoon-shaped 'Whirligig' that has whitish blue petals. The majority of these plants grow to a height and spread of about 60cm and need to be grown in a fertile well drained soil mixture, and if you have very heavy soil do mix in some sharp sand - but not from the sea shore as this will be salty! They do need watering during the very dry season and then they will flower for many months of the year, especially if they are dead headed. If frost is predicted it is advisable to give some protection as some do suffer slightly during very cold spells.

The *Euryops* species are very colourful with their yellow daisy like flowers and like the previous plants attain a height and spread of between 40cm and one metre depending on the variety. Both these and the previous plants are good for placing throughout shrubberies, to cover the ground between the higher growing shrubs and give plenty of colour throughout many months of the year. They need to be grown in full sun in a fertile soil mixture that is well drained and do need watering during the active flowering and growing period. To encourage successive flowering trim off the dead flower heads periodically. Protection is advisable if frost is forecast.

Madge and John Measures

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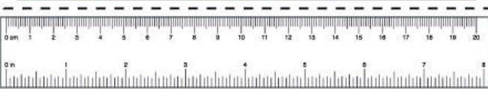
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1 mile	(x 1.609)	= 1.609 kilometres
ie. 25 inches	(x 25.4)	= 63.5 centimetres
1 square inch	(x 6.452)	= 6.452 sq cm
1 square foot	(x 0.093)	= 0.093 sq metres
1 square yard	(x 0.8361)	= 0.8361 sq metres
1 square mile	(x 2.590)	= 2.590 sq kilometres
1 acre	(x 0.4)	= 0.4 hectares

ie. 25 sq feet (x 0.093) = 2.32 sq meters

METRIC - IMPERIAL CONVERTER

1 millimetre	(x 0.03937)	= 0.03937 inches
1 centimetre	(x 0.3937)	= 0.3937 inches
1 metre	(x 1.0963)	= 1.0963 yards
1 kilometre	(x 0.6214)	= 0.6214 miles
ie. 25 metres	(x 1.0963)	= 27.34 yards
1 square cm	(x 0.155)	= 0.155 sq inches
1 square m	(x 1.196)	= 1.196 sq yards
1 square km	(x 0.3861)	= 0.3861 sq miles
1 Hectare	(x 2.5)	= 2.5 sq acres
ie. 25 sq m	(x 0.155)	= 29.9 yards



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Measuring up to the job



You won't get far doing DIY if you can't measure properly but it's actually surprisingly easy to get measurements wrong, wasting time and materials in the process.

So, apart from double, even triple, checking your measurements, what else will help you get it right first time?

Accurate measuring is vital before you order or buy materials because it helps you cost the job properly. Most things are sold in metric quantities these days, but if you're not comfortable working in metres, millimetres, etc, stick to imperial and convert it if you need to, or get the shop to convert it for you.

The trick is to only work in one system to avoid confusion and inaccuracies.

Having someone there to help you measure and check your measurements always helps, especially if you're measuring a large area, doing a

complicated calculation or using a long tape measure.

With a large area, it helps to drive in pegs as markers if possible, when measuring a lawn, for example. If you're measuring an irregular shape, which lawns often are, the easiest approach is to divide it into rectangles and squares, measure these and then add them together for your total.

Whatever you're measuring, make sure you work in good light and have everything you need to hand. And remember to allow extra for mistakes and wastage. It's hard to generalise how much because it varies from job to job and material to material, but 10 per cent is often enough.

Julia Gray

THE TOOLS FOR THE JOB

∴ Straightedges (either plain or calibrated) are useful when measuring and marking. They can be used to draw straight lines, test their straightness and transfer measurements accurately across an area longer than the ruler you're using. You can also use them to check if a surface is flat. To check that the straightedge is itself accurate, take hold of it at one end and look down it to see if it curves.

∴ Bench rules are another useful measuring tool, and rigid ones can be screwed on to the top of a workbench, hence the name. Flexible ones are ideal for measuring curves, though it's better to

use a fabric tape measure for tight curves.

∴ A metal ruler, preferably a long one, is a must for DIY. Unlike plastic rulers, you can't score into them accidentally when using a craft knife. They also have the advantage of being more rigid than plastic. The main problem with them is that they can slip on smooth surfaces, so make sure you spread your fingers out along the length of the ruler to hold it down well. Many steel rulers are calibrated all the way along so you can use the end of them for marking, as well as the length, which makes measuring and marking easier.

MARKING OUT

When marking, felt-tip pens are easy to see but they're too thick to be really precise. For this, you need a pencil - a sharp one. However, pencil lines can be hard to make out on some surfaces and can get erased in the process of cutting, when using a water-cooled diamond-wheel tile cutter, for example.

When you're marking a surface before cutting it, use a craft

or marking knife if possible. On something like wood, these cut into the fibres slightly and enable you to get a more precise cut.

Accurate measuring and marking may not be as straightforward as it seems, but it is something you'll need to learn how to do for successful DIY. Remember, mistakes can be costly.

QUICK FIX - short answers to tricky questions

Q: Some of the tile grout around my bath is badly discoloured and now I've noticed a stain in the living room, which is on the other side of the wall. What should I do?

A: You need to treat the source of the stains rather than just treating the stains themselves. This will probably involve removing the tiles, solving the problem and then retiling. It may just be that the existing tiles are causing the

staining or that the wall needs sealing. Once you've done all that, you can use a stain-block paint in the living room and redecorate. Get an expert in if, after investigating, you're still not sure what's causing the problem.

Q: How do I mark a length of, say, wood out into equal parts?

A: Probably the easiest answer is to place your ruler diagonally across the wood and then decide how many divisions you want. Ensure that

the end of the ruler is level with the edge of the wood and the divisions should fall equally.

Q: I've got a cracked electricity socket: what should I do about it?

A: Damaged switches and sockets should be switched off and taped over so they can't be used. Get a qualified electrician to replace it as

soon as possible or do it yourself, providing you can do it safely - and legally (legal restrictions apply to electrical work).

SEASONAL TASK

Things are just starting to grow in the garden again and if it's time to mow the lawn or trim the hedges in yours, make sure you keep the mower or hedge trimmer in front of you, feed the cable over your shoulder, use a residual current device and wear sturdy boots or shoes.

The beginning of spring is the ideal time to check the outside of your home for any damage caused during the winter months. Pay particular attention to the roof and walls but also the windows and doors, guttering, cables, and gas and electric fittings, etc.

This will enable you to make repairs before the problem worsens, or get in a tradesperson if it's something you can't tackle yourself.

David Wilson Lda

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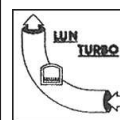
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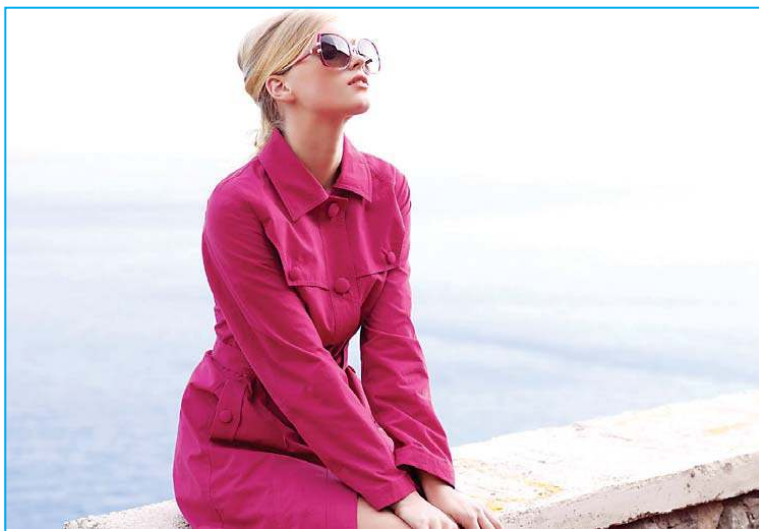
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Get ready for a fuchsia shock



Go as bright as you dare... whether it's a look-at-me frock or understated accessories, fuchsia is this season's big colour story. (Photo: Press Association)

Get in the pink with spring's must-have colour. We detail the brightest buys and the hottest looks.

Banish girly connotations of looking pretty in pink. This season, pink's coolest cousin fuchsia is giving fashion followers an attention-grabbing alternative.

Vivid hot pink was undoubtedly one of the must-have colours to emerge from the spring/summer 08 catwalks. Burberry, Versace, Preen and Matthew Williamson all showcased the super-bright shade.

Unlike some trends such as tie-dye and nautical, which are suited to high-summer, fuchsia can be worked into your wardrobe right now and worn all year round. A pink dress looks just as fabulous with tanned legs as black opaque tights.

Go as bright as you dare... whether it's a look-at-me frock or understated accessories, fuchsia is this season's big colour story.

Pink Glamour

If there's one item all the celebs are stocking up on for their designer-crammed wardrobes, it's a fuchsia pink dress. Kate Bosworth, Sarah Jessica Parker and Helena Christensen have all been spotted in hot pink frocks so bright they're almost blinding.

"This dramatic shade is the perfect alternative to red for a killer evening dress and will have the same knock-'em-dead effect," says Fiona Wellins, Colour Me Beautiful consultant.

Casual Colour

You don't have to do 'pretty in pink' for daywear and keep fuchsia for sassy occasions. The colour is great for brightening up casualwear too.

From hot pink macs to cute cardigans, just one dazzling item can transform an entire ensemble in one quick fuchsia flash.

Fiona says: "Like red, this bold and powerful hue has as many variations and has a great mood boosting effect."

Fuchsia Flashes

As with any brave colour or catwalk trend, it's easy to access the look with accessories.

"If fuchsia's too bold for your personality to go the whole hog then there are plenty of fabulous accessories you can pick up to get the pink look," Fiona advises. "A fuchsia angular necklace or set of chunky bangles will work the trend perfectly."

Those more confident with super-brights can invest in one of this season's oversized bags or patent shoes to liven up summer outfits.

Shade To Suit?

Think pink's too overpowering? Fiona has the lowdown on pulling off fuchsia pink with aplomb according to your colouring:

As a blue-based colour fuchsia works best on those with cool undertones in their skin. If fuchsia next to your face makes you look drained then use it only on the lower

part of your outfit.

Fuchsia looks most striking against dark hair - think Catherine Zeta - as it needs a strong colour to complement it. If your hair is medium to dark and your eyes are lighter then go down a tone to cyclamen.

As a rule, fuchsia is too bright and contrasting for blondes to wear as a block colour and they should opt for a softer shade. It can look fabulous against ash coloured hair but some may have to go for a lighter cassis to complement their look.

Fuchsia is not the best colour for redheads as they have so much warmth in their colouring, but they can bring it into their ensemble with some accessories - just not close to the face.

Ensure your make-up works with your fuchsia look. You'll need a strong lipstick but it mustn't clash with your outfit and stick to rose blushers rather than peachy shades.

Lisa Haynes



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Home Improvements

In this supplement:

Absolute Furnishings

An absolute experience
Absolute wanted to be better than just another furniture store - they enjoy preparing properties ready for when the owners return and get a buzz when customers walk into the shop and are thrilled with what has been achieved. (See Page 36)

Candilamp

Lighting up the Iberia
Owner Nuno Santos explains his ambition to expand across Portugal and Spain. (See Page 38)

Lusco Fusco

Lagos hidden gem
Although the showroom has many individual pieces for sale, main trade is creating interior design projects to completely revamp hotels, restaurants, shops and homes. (See Page 36)

M2M Blinds

Keep unwanted guests out
With the mosquito season fast approaching there will be many people turning their minds to 'those unwanted guests'. (See Page 37)

Pure Pools

Providing a warm pool throughout the year
With summer fast approaching your pool is looking more and more inviting, but is the temperature to your liking? (See Page 34)

Rococco

The best of stone
Great opportunity to get your hands on some fantastic items at accessible prices. (See Page 34)

Articles:

Get ready for the green revolution

Key looks for this year are: Eco-Nature, White-on-White, Glamour and Gliz and Monochrome. (See Page 38)

Thinking out of the frame



Walls are bare without art, which is an essential part of a smart home. We get the low-down on finding and showing off pictures and prints. This is a great easy way on how to improve your home. Throughout this supplement you will find tips and tricks on how to make your home better, as well as information on advertisers.

Retail therapy - that morale-boosting splurge on an outfit, an expensive handbag or shoes - is all too common, but have you ever felt the same need to splash out on art?

You might be surprised to learn that art features on the shopping list for more and more women, who are melting the credit card to buy 'wall candy' - paintings and prints to dress their walls.

For fashionistas, buying the work of a 'hot' artist gives the same thrill as getting a must-have Prada handbag or a couture dress.

It's about possessing something special and exclusive that makes friends suitably envious, and might even turn out to be an investment. Men have a slightly different take - they're starting to perceive art as a status symbol, like a top-of-the-range car.

Galleries, fairs and auctions are generally enjoying growing attention, and one of the most popular events attracting 'art-beginners', through to experts, is The Affordable Art Fair in London - which had pieces priced from £30 up to £3,000.

Its director Nicky Wheeler says: "People aren't just recognising how important art is for their homes but also becoming more confident about choosing and buying it."

"We see women, in particular, turning to art as a way of giving their homes individuality and to make a statement and express their personality and style - in the same way as they shop for clothes or shoes."

Apparently it's the power of the sisterhood, as Nicky says: "Women are greatly influenced to buy by seeing art hung in their female friends' houses, then want to make their own statement and will be quite adventurous."

"Whereas, in general, we find men are much more inclined to be conservative and set in their taste."

That's all very well, but what about the rest of us who feel nervous about taking the plunge into original art and lack the confidence to buy anything other than 'mass art' sold by the high street stores?

Elinor Olisa, who co-owns, with Isobel Beauchamp, the Empire gallery in London and online company www.degreetart.com, sympathises: "A lot of people feel the so-called art world isn't ac-

cessible to them and it's too risky. So getting started can be hard for them."

"They worry friends won't like their taste, and find it hard to work out how much something is really worth - it's probably not an item they've bought before - so why should they?"

In reality she says: "Nowadays, it's perfectly possible to buy affordable, original art. Don't be afraid if you like something to ask questions at a gallery or fair and if possible talk to an artist about it. They should be happy to tell you anything you want to know. It will help you make up your mind, and give you more of an idea of the work involved and why it's the marked price."

Adding a canvas to your interiors wishlist isn't hard. Follow our guide to buying art:

Home is where the art is

How do you choose the art that's right for you?

Will Ramsay, founder of The Affordable Art Fair, advises: "Shopping for art should be an enjoyable, relaxed experience. If you like something take time to look at it, and consider whether you can live with it."

"Remember that art's subjective and it needs to stir a love and lust in you, so follow your heart."

While gallery owner, Elinor Olisa, agrees: "It sounds simplistic but if you like it, it's right for you. People worry too much about what others may feel about their taste or choice."

"I advise people that if they like something - that's good enough. They will know because the right piece will evoke positive feelings and emotions or memories that connect them to it."

Avoid an art attack

How do you avoid the pitfalls?

Will Ramsay says: "Preparation is key. Take time to think what you want before you arrive at a fair or gallery."

"Have an idea of the space you are considering for the work so you get the size of the work in proportion to your room. Make sure you are familiar with colours, the degree of sunlight and general surroundings that will affect the look of a piece in a room."

He also advises doing your homework: Look at galleries'



You might be surprised to learn that art features on the shopping list for more and more women, who are melting the credit card to buy 'wall candy' - paintings and prints to dress their walls. (Photo: Press Association)

online sites, join their mailing lists, and at shows collect postcards of work so you can consider them at home.

Elinor Olisa advises: "Set yourself a budget. Decide how much you are willing to spend on a particular piece and never pay more for something than you feel comfortable with." Her gallery offers a 14-day money back guarantee so buyers can hang a piece at home and 'live with it'.

Check authenticity - any artwork you buy should come with a certificate and be signed by the artist.

Also check the edition of a print, i.e. how many have been made. The smaller the edition or print run, the more exclusive it is.

Ask what sort of print you're buying. Print's a general term which covers etchings, engravings, drypoints, woodcuts, lithographs, lino cuts and silk-screen prints.

Most experts advise buying a piece primarily because you love to look at it, and regarding investment value as only a possible bonus. As they say in the trade 'buy with your eye, not your ear'.

High street art

There's a wealth of prints, canvases and photographs on the high street in stores like Habitat, Ikea and John Lewis. These are an easy entry into the world of art, and can be a good way of finding out where your taste lies.

Jane Bailes, Assistant Buyer for John Lewis Decorative Accessories, says: "Art's now an essential for smart rooms - and people are buying bigger and bolder. They

want something original which makes a statement."

"Often they'll colour co-ordinate a painting to fit their room scheme, but it's becoming more popular to use the artwork as an inspiration for a room."

Habitat's popular collection starts from around £80 and includes bold, colourful prints, it pinpoints the on-trend buy as black and white photographic prints.

How to hang it

Choosing the right place to hang art can be tricky. Stephanie Hoppen, author of Picture Perfect (Jacqui Small), a complete guide to choosing and displaying art, has invaluable tips.

"Don't assume you have to hang art in the living room, you may achieve more impact in a hall, kitchen/dining area, bedroom or even a bathroom," she says.

"Before you hang always sit or stand where you will most often be in a room before deciding what height to hang a piece. All too often people hang pictures too high."

Great effect can be achieved by using a theme in a room that appeals such as sea scenes, animal prints or maps, she advises.

Generally a large painting looks best with a slim frame, while small paintings can be enhanced by being 'overframed' in a large elaborate frame. This makes a tiny picture look extra precious.

Gabrielle Fagan



For fashionistas, buying the work of a 'hot' artist gives the same thrill as getting a must-have Prada handbag or a couture dress. (Photo: Press Association)



Rococco specialise in everything from mosaics, cobbles and flags, limestone, mouldings, stone bath ware, slate, sandstone and schist, porcelain, ceramic sanitary ware, marble, ceramic, fabrication, terracotta, fireplaces, wall plaque and travertine.

The best of stone

Rococco can supply traditional wall and floor coverings for Retro Metro Style.

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They specialise in everything from mosaics, cobbles and flags, limestone, mouldings, stone bath ware, slate, sandstone and schist, porcelain, ceramic sanitary ware, marble, ceramic, fabrication, terracotta, fireplaces, wall plaque

and travertine.

The shop is currently holding a sale, so this is a great opportunity to get your hands on some great items, at accessible prices. Currently on offer is: Travertine-Noce-honed/chipped 20% off - now only €43.56 per m2 inc iva tile 30.5x30.5; Travertine-Walnut-tumbled 20% off - now only €56.14 per m2 inc iva tile 30.5x30.5; Travertine-Chiaro-tumbled 20% off - now only €48.40 per m2 inc iva tile 20x20; 2 pillars reclaimed golden travertine 20% off now only €230.00; Travertine - Light - honed & chipped 20% off - now only €42.35 per m2 inc iva - various sizes; Terracota - various coloured glazed - 20% off - now only €30.00

perm2 inc iva - tile 12x12; Ruivina - mosaic-tumbled - 15% off - now only €101.49 per m2 inc iva - tile size 30.5x30.5; Unicom - Cliffstone Dorset - 20% off - now only €22.43 per m2 inc iva - tile 33.2x33.2; Gresart - Mosaic border - 20% off - now only €3.67 per piece inc iva - 3x31.5; Gresart - Cinza Eden - matt ceramic - now only €9.87 per m2 inc iva - size 25x36.5.

You can find Rococco on Rua Direita, Praia da Luz in Lagos. The shop is open from 10am to 6pm from Monday to Friday and 10am to 12pm on Saturday. Call 282 764 035 or alternatively, e-mail Rococcostone@msn.com or visit www.rococcostone.com.

Pure Pools, providing a warm pool throughout the year

With summer fast approaching your pool is looking more and more inviting, but is the temperature to your liking?

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continue heating your pool even when temperatures drop. This is only available on certain makes of heat pump, but comes as standard when supplied by Pure Pools. This means they are very reliable in the cooler months.

A Pool heat pump is kind to the environment and has no greenhouse emissions. Thanks to state of the art heat transfer technology a heat pump can be over 600% efficient. That means for every kilowatt of energy it consumes, a heat pump will transfer up to 6 kilowatts of heat into your

pool water.

Installation is easy and the heaters are designed to fit in line with your current pool filtration system. The units should be installed in the open where they can draw in the maximum amount of warm ambient air.

Pool heating is our business, we have many years experience and have installed thousands of heat pumps during this time. With our experience and specialization we can offer sound advice to our customers and provide an excellent back up service, if necessary.

In a world of high energy consumption and wastage, we should all be aware of ecological issues. With this in mind Pure Pools always recommends installing a cover to a heated pool. We supply a comprehensive range of bubble covers and automatic slat covers with options for child safety protection readily available.

Swimming pools, although fun for children, can also be a place of danger. Pool drownings are quick and silent, and, tragically, take place all too frequently. For this

reason, Pure Pools recommends 'BabySecur' fencing, acknowledged by specialists as one of the most user-friendly safety fences available. Once installed this easy-to-use fencing creates a see-through barrier and provides a long-term alternative to other standard pool safety products.

Hardwearing, sturdy, and efficient all year-round, the fencing opens to the pool via a gate and safety latch that can only be operated by an adult. This means that whilst some family members swim, other smaller family members can remain safely out of wa-

ter's way.

Based in Lagos, Pure Pools are swimming pool specialists with over 16 years experience, and cover the whole of the Algarve. The company provides a service which is second to none, supplying Spas; Pool Heaters; Automatic & Manual Covers and Pool Safety Fencing of the highest standard.

Contact Pure Pools on (+351) 282 760 033, mobile: 919 517 868, fax: 282 760 034, info@purepools.com, www.purepools.com or call into their Lagos showroom.

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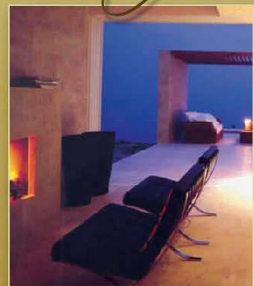
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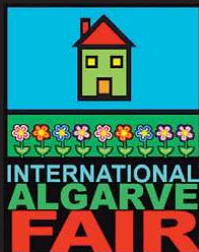
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There will be so much to do at the International Algarve Fair at Fatacil in Lagoa on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd. If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.



Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialties, Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

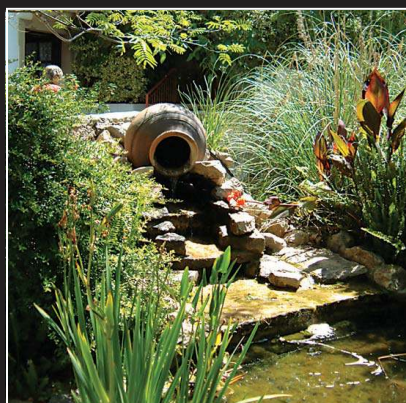


Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details.

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros.



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion.



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Lagos' hidden gem: Lusco Fusco concept store

Lusco Fusco is an interior design concept store that was created not only to embellish your home, but also to offer expert advice and assistance to make the most out of your home or businesses potential, giving any interior a style and atmosphere that is as individual and unique as its owners.

Dutch-born Janneke de Buijn brought her professional experience in interior design from Holland to Portugal and poured it into a spacious, 200-square-metre showroom, which boasts a mixture of one-off, unusual decorative home-interior items, and radiates exclusivity.

Although the showroom has many individual pieces for sale Janneke's main trade is creating interior design projects to completely revamp hotels, restaurants, shops and homes. Her skills effortlessly cater for any type of interior, from contemporary to traditional, depending solely on the clients' wishes.

To offer the most complete and detailed service possible, Janneke makes a point of holding initial talks with clients to establish exactly the purpose for the area and also to determine what style will adapt best.

She then makes a sketch and a 'mood board', with choices of

fabrics, colours, furniture and accessories, presenting an in-depth, detailed preview of what the room will look like.

Janneke is aware of her capabilities; her very active personality exudes confidence to the point that, in Holland, Janneke did not own a showroom – people knew who she was and chose her services through word of mouth.

She has now been in Portugal for one and a half years, the showroom having opened one month ago.

Importing objects from Morocco and Holland, it boasts items that clients will be hard pushed to find anywhere else in the Algarve.

Lusco Fusco brings to Portugal a different, fresh, innovative vibe and has various original items/designs created to embellish any area. Within the showroom shoppers will find anything from puffs to hammocks; trendy candles of all sizes, contemporary furniture, and paintings from international artists are just some of the products in stock.

Through her many contacts previously established in Holland, the showroom has a wealth of designer products, from

Moooli, Kartell and Fatboy, as well as lots of Janneke's own creative designs.

Even though the showroom is now open to the general public, Lusco Fusco will be holding an opening party on the 25th of May.

The showroom is located in the backstreets of Lagos, on Rua Gil Vicente, number 34.

It is open from 10h00-13h00 and 15h00-18h00 on weekdays and 10h00 till 13h00 on Saturdays, though this will change to

longer hours during the summer season.

For more information call Janneke on: (+351) 916081 222 or 282 763 549 or email info@luscofuscoconceptstore.com.



Within the showroom shoppers will find anything from puffs to hammocks; trendy candles of all sizes, contemporary furniture, and paintings from international artists are just some of the products in stock.

An absolute experience

From the minute I walked into the Absolute Store in Ayamonte, I realised this company was not just there to sell furniture but stocked everything to help new owners completely finish their property.

After speaking to Tom and Martin - the company founders - they explained that back in 2003 when they launched their Management Company, clients were constantly requesting them to source furniture, as well as needing help with other things needed to get new properties ready for use. Tom explained that locally it was difficult to get items that were often asked for, and so both business partners had to travel far and wide to get everything needed to help customers complete their home. Martin explained that people are often on a tight time scale, and although searching for everything is a challenge, customers were often running out of time and patience and returning home with their properties only half finished.

Tom and Martin decided then that the only solution was to open a shop themselves and cater for all their customers' needs, hence Absolute Furniture was born.

When the shop first opened, the selection was pretty basic but over the years the showroom has expanded, and now Absolute offer a great selection of everything new home owners could possibly need. They understand what customers require and are constantly updating the ranges to keep up with

current trends and tastes.

Absolute wanted to be better than just another furniture store - they enjoy preparing properties ready for when the owners return and get a buzz when customers walk into the shop, and are thrilled with what has been achieved. There is more to completing a property than what people realise, the properties are often dirty and require what is called a "builders' clean." Also there are all the fixings such as fitting of lights, bathroom accessories and curtain poles. After that, curtains have to be fitted, furniture installed, beds dressed and the entire kitchen contents cleaned and stored in the cupboards. As a final touch, pictures are hung and cushions, ornaments and lamps that customers have purchased are put in place to make their new property feel like home.

Absolute pride themselves on their finished product and understand that this has helped elevate their company to what it is today. They expanded into Garden and Kitchen Design 18 months ago, again meeting with the demands of their clients, and have found this side of the business proving to be a huge success. With a lot of experience under their belts, Tom and Martin feel that customers are happier dealing with one company who they know they can trust and who do what they say, when they say they are going to do it. Another advantage is that they only have one contact to deal with, and are not

struggling to arrange various companies to work in conjunction with each other. Should you want to discuss your home furnishing needs, Absolute are open Monday to Friday 9am-7pm, and Saturdays 9.30am to 2pm. Or you can call on (0034) 959 321959.

Contributed

Absolute

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Located in Ayamonte Spain, just 30 mins from Faro, we are leading Complete Furnishing Company in this area.

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INTERNATIONAL DESIGN AND CONCEPTS

Keep unwanted guests out



M2M Blinds have now been in business for 15 months and have recently become a member of the British-Portuguese Chamber of Commerce (BPCC). They believe with the mosquito season fast approaching that there will be many people turning their minds to 'those unwanted guests'.

M2M Blinds are pleased to offer their customers a comprehensive range of flyscreens with styles that include roller type operating vertically or horizontally, pleated type operating vertically and horizontally, full sliding screens, fixed screens, swinging doors and others, that come in a wide variety of aluminium colours and finishes. They believe that they should

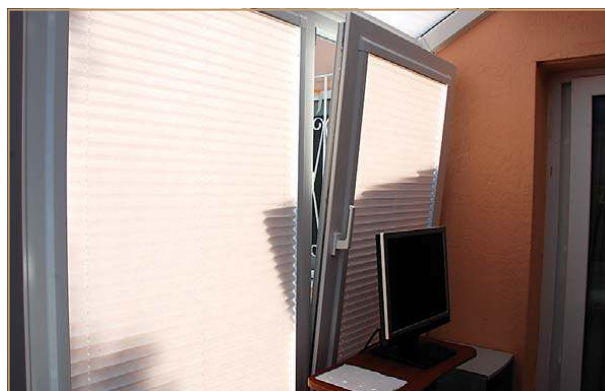
have a product suitable for most needs to "keep those unwanted guests out" that both looks good and works well.

M2M Blinds also continue to offer their wide range of internal window blinds including vertical, roller, aluminium and wood venetian, woven wood and perfect fit (especially designed for internally opening windows and doors including tilt and turn

style), which are proving very popular, with a wide variety of fabrics in many colours and finishes including solar reflective.

M2M still believe in their "we come to you choose in the comfort of your own home" motto, as it works perfectly for their customers to make their choices in both styles and fabrics so much easier and more comfortable, and unlike most companies they do cover all areas. So if it's flyscreens or internal window blinds you are looking for why not give Denny a call on 00351 286 518 059 or 00351 932 894 709 email m2mb blinds@hotmail.com, free no obligation quotation.

Denny will be on stand 78 at the international fair in Lagoa May 10th and 11th where their full product range will be on display.



If it's flyscreens or internal window blinds you are looking for why not give M2M Blinds a call.



M2M will come to your home, making choosing easier and more comfortable. And unlike most companies, they do cover all areas.

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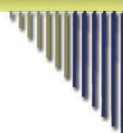
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Get ready for the green revolution



Our increasing concern for the planet in 2008 is turning rooms 'green'. Not only will they vividly reflect nature's colours and floral patterns, but also feature the increasingly well-designed selection of furniture and furnishings with eco-friendly street-cred. (Photo: Press Association)

Find out what will be hot and what's not for the end of 2008. The experts reveal the key trends for homes, and the must-have buys.

If you're feeling a little chilly in your rooms at present - it's not the weather outside.

There's a wind of change blowing through interiors which has been long overdue, carrying with it new looks that aren't just welcome, but will also be worthy and warming.

Our on-going concern for the planet in 2008 is turning rooms 'green'. Not only will they vividly reflect nature's colours and floral patterns, but also feature the increasingly well-designed selection of furniture and furnishings with eco-friendly street-cred.

These ingredients will give homes a punchy injection of colour, decoration and personality and finally blast away the dull vestiges of old-hat bland minimalism.

Interior designer, Hannah Sandling, who appears on ITV's 60 Minute Make-Over show says: "It's an exciting time in interiors. There's a real desire to make our homes ultra-comfortable sanctuaries but also show-off our individual taste."

She predicts four key looks dominating this year - Eco-Nature, White-on-White, Glamour, and Glitz and Monochrome. But does that mean your rooms will languish in style-doldrums if you don't totally embrace one of

them?

Absolutely not, says Hannah, who points out: "Just as you don't dump all your clothes when fashions change but maybe buy a new bag or top in the latest colour, so the same is true of today's rooms."

"The great thing about the looks for this year - which have crossed over into homes from the fashion catwalk - is that you can just as easily take a few elements from each as simply focus on one trend."

"Then achieve an instant effect - and easily bring a room up to date - with a new fabric, an easy-to-afford accessory or a perhaps simple colour change for a wall."

Hannah believes people will take a more cautious, measured approach to their homes - partly a symptom of harder financial times ahead.

"Frankly, few people can afford to completely revamp a home to reflect a trend, which wouldn't in any case be environmentally friendly. The emphasis will be more on taking a lot of care over what we have in our rooms, and waiting until we can afford just the right look and quality piece rather than the instant 'make-over' approach of the last few years."

Gabrielle Fagan

Lighting up the Iberia



Candilamp was created in 1998 and has maintained, since then, its philosophy and values but constantly evolving to satisfy their clients' demands.

"Over ten years many concepts and styles have changed. Nowadays the alterations are consecutively faster and we have to maintain the organisation so it is flexible, easy changing and competitive," says Nuno Santos, the company owner.

Commercializing and promoting a complete range of products that illuminate any space adequately, interior or exterior, creating personalized comfortable environments that increase

people's well being is Candilamps' mission.

The owner's ambition is very clear and explains the dynamics of the company; to expand and consolidate their presence in the light retailing industry in Portugal and some cities in Spain. They want to be a referenced supplier for hotels and a preferential partner for professionals.

For this to take place they rely on the following values:

• Offer competitive and up to

- Continually respect the safety regulations in force
- Satisfy all private and professionals' necessities
- Guarantee the evolution of their collaborators improving their competence
- Use management models and tools to improve efficiency

For now they are located in Almancil and Lagos, but we watch this space for information on more shops opening.

Did you know

Some experts believe that substandard DIY can knock €10,000 off the value of a home, and major plumbing, wiring or construction jobs should be left to the experts.

But decorating's not difficult and can give a home a great facelift.

EXPERTS TIPS: "Planning is key to success, so you should write a list of what you want to do, the tools and materials involved and how long you think it will take."

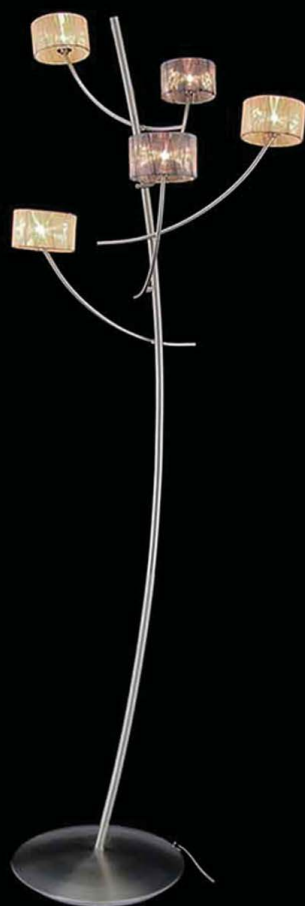
"Decorating often goes horribly wrong because people rush into it, don't clear out the room properly, and under-estimate how much time it will take."

If you can't empty the room, move furniture into the middle and

cover with dust sheets. Take up carpet and underlay.

If you are painting work from the top down ie: ceiling, walls and then woodwork. Use a flat finish emulsion, as silk will highlight every mark and uneven surface on your walls. Similarly, use eggshell on timber, particularly old timber, as it helps mask flaws and dents in the wood.

If painting new timber use knotting fluid to prevent knots falling out, then use primer, undercoat and a top coat. For the best finish Tommy advises two coats of top coat. After the first coat is completely dry use fine sandpaper to get a smooth finish, then wipe clean with a rag lightly dipped in white spirit before applying second coat.



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Tibetan Independence

The monks who marched through Lhasa on 10 March to mark the anniversary of the Tibetan uprising against Chinese rule in 1959 did not want to wreck China's Olympic year, but they knew that Chinese troops would be less likely to shoot them this year than most. And so it proved: the monks were arrested, but the crowds of Tibetans who gathered on the following days to demand their release were not harmed.



Taiwanese and Tibetans form "Free Tibet" with lighted candles outside the Taiwan National Democracy Memorial Hall in Taipei, Taiwan, to protest China's suppressing protests in Tibetan capital Lhasa. (Photo: LUSA/EPA/FRIENDS OF TIBET)

The dilemma facing the Chinese troops was that if they didn't shoot, the crowds would inevitably grow bigger, for most Tibetans dream of independence and fear that the mass immigration of Han Chinese to Tibet is a form of cultural genocide. By Friday, 14 March the crowds had become so bold that it was they who turned to violence, attacking Chinese civilians in Lhasa and looting and burning Chinese-owned shops, banks and hotels.

The Chinese news agency Xinhua says that ten people were killed in Lhasa on Friday. The Tibetan government-in-exile says that eighty were killed, and accounts by foreign tourists in Lhasa support the higher figure. But so far, by most accounts, the victims have mostly been Han Chinese settlers killed by angry Tibetans.

This doesn't fit the simple foreign narrative of peaceful protesters and wicked Chinese, but nationalism, whether Tibetan or Pijian, is not an inherently tolerant and peaceful phenomenon. Foreign troops who hold their fire are still foreign occupiers, and innocent Chinese civilians who were encouraged by their own government to come and set up businesses in Lhasa are still unwelcome foreign agents of cultural genocide.

All the players are sticking to their scripts. China insists that "the recent sabotage in Lhasa was organized, premeditated and masterminded by the Dalai clique" (the Dalai Lama is Tibet's exiled spiritual leader). Qiangba Puncog, the puppet chairman of the Tibetan Autonomous Region, vows that "The plot of the separatists will fail." They have to say that, as otherwise they would have to admit that Tibetans don't want to be ruled by China.

The Dalai Lama insists that he is not seeking Tibetan independence from China, but only more autonomy for Tibet's culture and its Buddhist faith. As the violence in Tibet intensified, however, he had to harden his line. "Ultimately, the Chinese government is clinging to policy, not looking at the reality," he told the BBC on 15 March. "They simply feel they have gun - so they can control. Obviously they can control. But they cannot control human mind."

Foreign governments urge China to "exercise restraint," but they carefully avoid questioning Beijing's right to rule Tibet. And with the unrest spreading to ethnically Tibetan regions of neighbouring Chinese provinces - hundreds of monks from Labrang monastery marched through the town of Xiahe in Gansu province on 14 March - the time may soon come when Beijing decides it has to crush all dissent by force regardless of the impact on the Olympics.

Force will succeed, as it has before. The 1959 uprising was crushed, the 1989 demonstrations in Tibet were crushed, and the current unrest there will be crushed as well. Tibet's only chance to recover its independence will come if and when there is a change of regime in China.

China did not traditionally seek to expand beyond the boundaries of the Middle Kingdom, an agrarian society that lived in the north Chinese plain and the river valleys of southern China. The non-Chinese territories that now make up the western third of the country - the deserts and oases of Muslim Xinjiang and the high plateau of Tibet - were not conquered by Chinese, but rather swept into the same Mongol empire that conquered China itself in the 13th century.

Since the Mongol (Yuan) dynasty ruled from Beijing, Tibet came to be seen as a Chinese possession, but the subsequent (ethnically Chinese) Ming dynasty took little interest in it. When another foreign nation of mounted nomads, the Manchus, conquered China in 1644, they too brought Tibet under Beijing's rule - and when the Manchu dynasty was finally overthrown in 1911, Tibet again slipped from China's control. For the next forty years, Tibet was effectively independent.

The Chinese Communists seized power in 1949, and invaded Tibet the following year on the argument that "what was once ours is ours forever." So long as they hold power in Beijing, they will also hold Tibet - but an interesting analogy comes to mind. For the history of the Baltic states - Lithuania, Latvia and Estonia - is not very different.

They fell under the rule of the expanding Russian empire in the 18th century, but regained their independence after revolution overthrew the Tsarist regime in 1917. They lost it again when the Soviet Union invaded them in 1940 - but got it back when the Communist regime in Moscow collapsed in 1991. And the main motive for their drive for independence was fear that their languages and cultures were being submerged by a wave of Russian immigrants.

As with the Baltic states, so too with Tibet. If there is ever a change of regime in Beijing, then a window of opportunity will open - and Tibet will have a couple of years to establish its independence before a new government emerges in Beijing that feels compelled to hold onto it in deference to Chinese nationalist sentiment. But that window is not open now.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries

His new book, "After Iraq", has just been published in London by Yale University Press.



Gwynne Dyer.

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BOWLS ALGARVE Drytec League



The Popular Drytec league finished this week with a final round of matches at Tavira, who laid on a lovely presentation lunch for everyone. Alvor completed an impressive season, beating Isla Canela by 42 -24 and five points to one and therefore going the whole season undefeated with ten straight victories. Meanwhile Tavira played Vale do Lobo and VDL made certain of second position with a 44 - 31 shot victory and all

six points. In the other match, Albufeira proved too strong for Parque da Floresta on the day, winning by an impressive 51 - 15 and again 6 points to nil.

Alvor finished with 54 points, well ahead of the other teams, only Vale do Lobo staying in touch on 39 points. Albufeira had a good finish to the season, jumping up to third spot on 29 points, Tavira pipped PDF for fourth, both having 24 points and Isla Canela ended on 10 points. Af-

ter the games, the plate trophy was presented to the winning Alvor team by Steve Bliss of Drytec.

Alan Clarke
League Director

Newlyn Development Championships

The interclub championships reached their climax on Saturday at the Albufeira Club when the finals were played out in perfect weather. The pairs was the first match and proved to be a close and exciting game between two Alvor pairs, Mike and Catherine Webb and John and Chrissie Laskey. The Webbs finally triumphed by 17-14 in a match full of first class bowling from all four players. The mens and ladies singles then took centre stage and a large watching crowd was treated to two more games of the highest quality. John Laskey played his second final against John Jones (Alvor). Another fluctuating game could have gone either way, John Laskey eventually winning 21-20. Chrissie Laskey made it a family double by taking the inaugural ladies singles 21-19 against Pauline Wilson (Alvor). Another fine game of bowls, with Pauline up by 14-4 in the early stages and bowling very well, but Chrissie staged a valiant comeback to edge to the title.

The triples was between a Vale do Lobo three of Brian and Lesley Walker and David Laing and Mr and Mrs Laskey once again, this time with Mike Boon. Another fine display, with the Alvor triple moving away in the latter stages, scoring a five and a seven to take the title 29-14. Finally the fours champion-

ship saw another Alvor team of Paul and Thelma Johnson, Pat Gibbs and Sheila Rapsey play Peter and Lilian Judge, Ted Vidler and Jan McGlynn from Vale do Lobo. Another tight match, saw the VDL four prevail by 22-16. After the games, the trophy presentations were made to all winners and runners up, together with the League Championship (Crusaders from PDF), the Drytec Thursday League (Alvor), the Super Tens (Alvor) and the Cameron Cup (Albufeira) to cap a wonderful day for all concerned.

Well done to all players who reached finals day, a huge achievement in itself. Congratulations to all the winners and commiserations to the losers - there is always next year! Our thanks to the Albufeira Club and Praia D'Oura for the use of their facilities and of course to our generous sponsors Newlyn Developments. On this showing, the future looks bright for bowls in the Algarve and we have certainly come a long way in the last five years or so. Standards have improved immeasurably and the numbers of players entering the main competitions has grown steadily as has the number of members joining the various clubs each year. A rewarding outcome for the hardworking management team at Bowls Algarve.

Alan Clarke
League Director

'Vive la Chaine'

The Chaine des Rotisseurs which is the oldest gastronomic association in the world is very much alive and flourishing in the Algarve. There are now more good restaurants in the region to choose from than ever from chic and costly Michelin two star luxury at one end of the scale to simple, but often very good, honest tascas at the other. The selection of wines available now is bigger and better than it has ever been and the skill of combining the right wine with the right food is an entertaining art form in itself. It is not surprising then to discover that a group of likeminded enthusiasts continue the tradition under the ancient banner of the Chaine des Rotisseurs to celebrate the gourmet delights of fine food, good wine and excellent company.

On Friday the 14th, twenty six



friends of several nationalities met for dinner in the wine store of the Veneza restaurant near Paderne to indulge their taste buds. No Michelin stars here, but a warm welcome, honest Portuguese cookery which was excellently served in five courses and accompanied by five delicious well chosen wines. Our host, Manuel Janeiro made us very welcome and was on hand to look after us throughout the evening, to answer any questions and make sure everything was going ac-

cording to plan. It did. He is known for his extensive and imaginative cellar and that, not surprisingly goes hand in hand with his award winning restaurant.

The next Chaine dinner will take place on Friday 11th of April at the Restaurant Amadeus in Almancil which proudly boasts one Star in the Guide Michelin. For more information about the Confrérie de la Chaine des Rotisseurs, please contact Dr Jean Ferran on 282 912 822 or ferran@monchique.com

Let's Walk beyond Fonte Benemola

Wednesday March 26



A moderate walk of nearly 3 hours in a wonderful area where the flowers are in full bloom. Some paths may be a bit stony and there is one climb but the views are worth the effort. 10.30am start in Pombal. Drive north from Loulé to

wards Salir. At the crossroads in Tor turn right towards Querença, after crossing the bridge stay on the road for about 1km when you come to Pombal (there is a cafe on the right) & a junction - meet here.

Lets Walk the Ribeira Algibre

Saturday March 29 & Monday March 31st

An easy 2 hour walk either side of the river - you cannot miss the beauty of this landscape

10.30am start - meet at the R. Algibre cafe. Leave the A22 at the Loulé/Boliqueime exit,

follow signs for Loulé and after the quarry turn left towards Alte. At the next junction left again and drive through Parragil, down the hill, the cafe is on the left just before the bridge.

All are welcome please just come along. There is a charge of 5 euro per walk which includes a donation to charity. If you have any queries call Julie Statham - 965 753 033

The March Irish walk

Saturday 29th.

Starting at 10.30AM Meet at O Litoral restaurant (top of hill) in Benagil. This is a pleasant coastal walk, led by Ian Scott and will take 2.30 hours. Lunch is available after walk.

DIRECTIONS From Fátalil in Lagoa on 125 just follow the signs to Benagil. Or turn off at The international Schooldirection of coast directly to Benagil.

Contact Ian Scott 282 445 292 or 963 859 334 John O'Neill 969 459 029
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The Glories of Garda



Clooney may have chosen nearby Lake Como as his summer residence, but Lake Garda, peppered with a mixture of elaborate hotels, pebble beaches and beautiful towns against a stunning mountainous backdrop, has plenty to offer the discerning traveller.

Thankfully, unlike other popular resorts, architects haven't dug into the spectacular hillside to create holiday apartments or commercial villages. The scenery varies enormously, from the craggy mountains of the north, to the rich vineyards of the middle

Silvella, a pretty campsite near Salo, on the south west of the lake, shaded by olive trees. Figs were also abundant and my children took great delight in picking ripe ones from a tree literally next to our mobile home.

Our drive north took us past Salo through tree-lined roads alongside picturesque towns including Gardone Riviera and Gargnano and, almost at the tip of the lake, to the more commercial town of Limone, where you can hire pedalos, go for a swim or even catch a car ferry across the lake to Malcesine, also known as the Riviera of Olives, which was loved by many celebrated writers and artists, most notably Goethe.

Many of the campsites around Lake Garda (and there are a lot of them) are situated on the hillside and enjoy stunning views of the lake. We were able to access the lake from our campsite for a swim and to just watch the world go by.

Make sure you have jelly shoes or other water-resistant footwear, though, as the big stones which you have to tackle to get into the water can prove hazardous if you attempt it in bare feet.

Lake Garda, which lies around half way between Venice and Milan, was formed by glaciers at the end of the last ice age and is divided between the regions of Lombardy, Trentino and the Veneto.

It may have an alpine setting, but the temperature is like the Mediterranean as the lake acts as a gigantic solar panel, with a ring of mountains retaining the heat.

Shaped like an axe with its thin

shaft pointing upwards, the lake's longest point is just over 31 miles, while its widest point in the south is around 11 miles.

The Romans had a significant presence in this area. Sirmione, a medieval hamlet in the southern peninsula, was a spa destination in Roman times and even now has thermal springs and impressive Roman ruins at the end of the promontory.

While this historical town has been choked by tourism, if you visit in low season you'll probably gain more from not having to fight the crowds walking around the ramparts of the 13th century castle, the Rocca Scaligera, with its swan-filled moat, and visiting the Grotte di Catullo (caves of Catullus), a huge Roman villa on Sirmione's northern tip which is believed to have belonged to the poet Catullus.

It's 98 miles around the lake, so you can drive around it in a day, although we were keen to explore the many gorgeous villages and towns on its banks. To the north nearer the mountains it is windier and narrower, just two miles across at its narrowest point, and that's where much of the sailing and windsurfing takes place.

Further south there's still a plethora of water-based activities, from water skiing and jet skiing to scuba diving and fishing.

We hired a motor boat from Moniga Del Garda in the south for the day to explore the lakeside towns from the water. Setting off early morning we weren't prepared for hugely choppy waters prompted by the wind, but we went around the Isola di Garda - where you can take a tour through English and Italian gardens and a few rooms of the impressive early 20th century neo-gothic Venetian style villa - and on to the elegant Gardone Riviera, a welcoming town featuring a prom-

Driving along the precarious winding roads and through tunnels cut into the jagged mountains reminded me of a scene from *The Italian Job*.

But it wasn't a Mini we were travelling in, the location wasn't Turin and Michael Caine was

nowhere to be seen. In fact, we were doing a circuit of Lake Garda, Italy's largest lake which

lies in the foothills of the Dolomites in the north of the country. Hollywood star George

reaches and the gentle plains which back the southern shores. We were staying at Europa

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enaded lined with benches for visitors to sit and relax.

As the water calmed down in the afternoon, we did some exploring in the south, dropping anchor off the pretty beach of Manerba del Garda where we swam off the boat in the crystal clear fresh water before setting off on a much more sedate voyage back to base.

We found the west side of the lake slightly less commercial than the south east, which houses a variety of theme parks and other tourist attractions, although the east is also home to the stunning lakeside towns of Bardolino, where you can buy a very palatable red wine from grapes grown in vineyards in the region, and Garda, a bustling town with a weekly market.

I liked the fact that the theme parks - Gardaland is the biggest and most impressive - are all situated within the same area. But check your dates - the day we drove to Caneva world, a water park, was an Italian bank holiday and by the time we had got through the two-hour traffic jam the water park was crammed, almost dangerously, to capacity.

When we fancied a rest from driving, we took the ferry to Bardolino. On a sunny day the brightly coloured buildings on the front in shades of burnt orange, salmon pink and mustard yellow provide a striking contrast to the vivid blue sky.

It also has a most fantastic award-winning gelateria on the front offering a myriad of flavours, with delicious ice creams costing just €1.5, cheaper than the average lolly at home.

If you are going to drive, I would recommend hiring a small car rather than a big people carrier because parking can be tricky close to the lake in the height of season.

The best mode of travel for me, however, was the ferry. You can get to major towns across the lake this way, without the hassle of traffic or parking, although it is quite pricey - around €60 (£42) for a half-hour trip for a family of four.

I have to say that eating out in Lake Garda is not cheap for families unless you live on shared pizzas. It is the Cote D'Azur of Italy, so expect to pay accordingly.

Pasta is commonly served as a

starter, but if you are going for a speciality then I can recommend the many risottos on offer, flavoured with everything from mushroom to seafood. Lake fish (although the type is not always specified) is also widely available, as are other Italian delights including Parma ham, Milano salami and game, as well as delicious local cheeses. We found the Italians extremely child-friendly, the water cleaner than a lot of the Mediterranean and the ambience stylish but relaxed. All in all, the perfect Italian job.

TRAVEL FACTS

∴ Hannah Stephenson travelled to Lake Garda courtesy of Keycamp. Twelve nights at Europa Silveira in May 2008 starts from £297/€387 for two adults and up to five children staying in a Classic Midi mobile home, accommodation only. Seven nights in August costs from £621/€808.

Fly drive packages, rail travel or ferry crossings and overnight stops are available at a supplement. Go online to: www.keycamp.co.uk or call 00 44 (0)844 406 0319 to make your booking or request a brochure.



Pictured above: Cyprus trees along the west coast of Lake Garda, Italy; left: A Vespa scooter on the walkway of Salò's Quay, Lake Garda; below left: The swimming pool at Europa Silveira, Lake Garda; and below right: A mobile home in the grounds of Europa Silveira. Opposite page - left: The ferry crossing Lake Garda, Italy. (All photos: PA)

∴ The hire car was courtesy of Hertz, which also offers state-of-the-art in-car satellite navigation called NeverLost, and in-car DVD players. To make a reservation, go online to: www.hertz.co.uk or call 00 44

(0)8708 448844.

Based on picking up from Milan Linate airport, Italy, a group B car hire starts at £25/€33 and weekly car hire starts at £125/€163. NeverLost costs €12 a day or €60 a week and in-car DVDs cost

€4 a day or €20 a week.

Hannah Stephenson

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Happy ending for Intermarché stray



The Portugal News is happy to announce that the plight of a stray dog brought to light through a 'Letter to the Editor' published on February 23rd, edition 947, has had a very happy ending thanks to the 'Refúgio dos Burros' donkey and animal sanctuary.

The letter, sent in by a holiday-maker from Cardiff, told of a small brown dog seen scavenging around the Intermarché litter bins in Carvoeiro, Lagoa.

Such was the sympathy that this particular tourist felt that it motivated her to take action and voice her fears that no one would care for the animal, her main concern being that it would eventually die. Having her holiday 'marred' by the animal's condition and rejection on behalf of other shoppers, she took it upon herself to leave scraps of food and contact animals' refuges to ask for help.

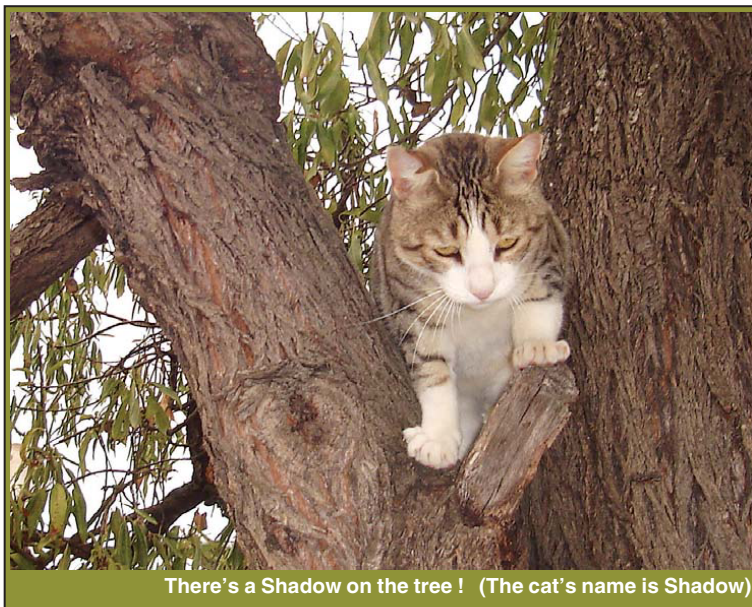
Those who read the letter and sympathise with the cause will be pleased to know that the 'Refúgio dos Burros' donkey and animal sanctuary have since managed to

catch the dog in question, a small, brown dog described as "sweet but nervous", and which has been named Belle.

According to Christina Cottis, a Sanctuary shop volunteer and fundraiser, Donkey Sanctuary workers "managed to catch Belle after successive trips to Intermarché, to give her food and get her used to coming near to us. Despite what people think it is not easy catching a stray animal when it is scared and nervous of humans".

However, their persistence paid off and Belle is now in full swing of getting used to human contact. She will soon be spayed, before hopefully being re-homed.

Anyone wanting more information on this matter should call: (+351) 965 019 796.



There's a Shadow on the tree ! (The cat's name is Shadow)

Beware - the grass seed season approaches



People who read this will no doubt think we have spent a lifetime with problem animals, really we haven't but all the stories I write about are from our own doggy owning years, things happen, you get through them and file them in the memory bank!

The first brush with a grass seed was in the UK when my first Old English Sheepdog had a seed enter his foot which then reappeared on his shoulder, quite common it seems. Since moving down here we have had several brushes with the grass seeds. Of course the first one was Lennie, because of his Auto Immune issues and treatments his skin was like tissue paper and the seed lodged itself in his side. The resulting hole in his side was frightening. It took a couple of months of careful nursing to get it closed again, but that was the AI condition that aggravated the problems. Next was Chloe, a normally relatively sensible Old English Sheepdog, but this was a challenge. Same time of year, March, she had a large red lump on her side towards her tummy. The most obvious cause was a grass seed. So, anaesthetic was given but 30 minutes later no grass seed could be found. She was stitched up and sent home. The lump came and went till August, when amazingly the lump was back, very large and sore. I bathed it with warm water and disinfectant. I was absolutely amazed when a grass seed came out, as was the Vet when I rang her! Goodness knows where it had been but at least it was now out. Our next candidate was Maisie, Julie's

Bearded Collie, swollen foot, bathed it couldn't find anything, infection set in. Took her to the Vets and amazingly a seed was found.

So the nitty gritty of grass seeds, which I am afraid has become rather long: There are many different kinds of grasses, (as well as other plants), that have seeds or awns (bristle-like fibers) that are a particular shape that allows them to stick to various surfaces. Here in Portugal the land is covered in them, as is my garden, so no escape. The grasses not only stick, but can actually invade into the tissue of an animal's body.

How do grass seeds cause problems?

These seeds may either enter the nose, get between the eye and eyelids, be found between the toes, or make their way into the gums, ears, toes, or other parts of an animal's body. Those seeds causing the most problems are those shaped like small darts, which seem to be the No1 in popularity on my land. They have a very sharp point and a long tail with multiple fibres. When they come in contact with an animal's skin or other body part, they prick it. A small swelling may result. If the awn or seed is not removed immediately, it may actually start to burrow in. Some can travel many inches reaching the animal's internal organs.

What are the signs a grass seed may be present?

Pets may react differently depending upon the number, location, and shape of the seed.

Hair: If large seeds are in the hair behind the ears of a dog, there may be no sign of a problem other than matted hair.

Ear: A seed in the ear canal may cause the pet to shake his head, scratch at the ear, rub his ear on the floor, or hold his head at a slightly tilted angle.

Eye: A seed between the eye and the eyelid may cause the eye to become red and inflamed, sometimes with discharge or tears. An ulcer of the cornea could result and possibly lead to vision loss.

Nose: A seed in the nose may cause the animal to sneeze, paw at the nose, and may result in some nasal discharge.

Skin: A pet may chew at an area where seeds have become attached to the skin, and one or more of the following may occur:

1. The pet is able to remove the seeds.
2. The seeds become attached to the gums, tongue, and mouth.
3. The seeds are swallowed. If swallowed, they may stick to the back of the throat near the tonsils and cause inflammation and swelling. Pets with seeds in this area may cough, retch, or gag, and have difficulty eating and swallowing.
4. The seeds burrow deeper into the skin. If this occurs, swelling, abscesses, and open draining sores may result.

Lungs and other organs: Seeds and awns can be accidentally inhaled or migrate from the skin into the chest and enter the lung where they can cause very serious life-threatening abscesses.

They can also penetrate into the abdominal organs. Seeds may also migrate to areas near the spine, where they can cause considerable damage. When internal organs or the spine are affected, a pet may become very ill, not eat, and develop a fever. The pet may also have obvious problems such as vomiting or difficulty breathing.

So, after all those horrible grass facts, what can we do to protect our pets?

Pets who spend more time outside, especially in fields and overgrown gardens, like mine, are at most risk of having problems due to awns and seeds. If possible, prevent your pet from running through areas of tall grass, or grass that is obviously seeding. (We are having it all cut back again this year in the hopes of curing the situation). Make sure that every long haired dog has the fur on the feet cut back so that the seed is easier to see. My Chloe has such long fur on her feet at the moment a seed could easily be trapped and we would never know. When returning from a field walk, groom your dog immediately and remove any seeds. Check closely between the toes, in the ears, and in the "armpits" and groin areas, since these are common places to find seeds and awns. If you find a seed, try removing it with a pair of tweezers. If you cannot remove the seed, contact your Vet as soon as possible, since it will only become more deeply buried and harder to take out.

Once seeds and awns become buried, either in the skin, mouth, or other places, it is often very difficult to find them, and often requires surgery. The entry point may or may not be visible, and it is often difficult to find the tiny seed itself, especially if it has migrated several inches. Having to make several different incisions in an attempt to find the seed is often necessary, and there may be more than one seed. Some animals have had to be placed on antibiotic or antifungal medications for very long periods of time due to infections caused by plant seeds and awns.

Prevent your pet from chewing on grasses that have seed heads. If you think your pet may have eaten grass and is having problems such as coughing or gagging, again, contact your Vet as soon as possible.

The bottom line: Protect your pet from encounters with grass seeds and awns. If you suspect your pet is having a problem due to seeds, contact your Vet as soon as possible, before a very serious condition develops.

Gosh it is such fun owning a dog — and I own 4, how mad is that, all with long coats and too much fur on their feet! Keep your eyes open.

Protect your pet with knowledge www.paws4pets.net

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THREE WAYS TO... have an eco-friendly Easter



1. Choose Fairtrade and organic eggs with the least packaging, or those in boxes that can be recycled.

2. Give an Easter gift instead, like home-made papier mache eggs filled with sweets.

3. Instead of an Easter egg hunt, have an Easter treasure hunt with home-made treats like biscuits in the shape of eggs, bunnies and chicks as treasure.

Compassion for the Lesotho Aids orphans

Jill Kinsey is a missionary with a heart for the destitute, especially children.

In February 2006, under the authority of the Lesotho Methodist Church, Jill officially opened a Children's Centre in Semonkong, to alleviate the suffering of the 2,000 AIDS orphans in the area.

Initially 21 of the most desperate orphans, between the ages of 6 and 14 years, were given a place to live. The centre currently has 66 children living in. One is just a young baby, of about 3 months who we unfortunately suspect to be HIV infected.

The Centre is always growing in numbers, and is always in need of help. They also have a shepherd school with 43 boys

who learn in the evenings after their flocks are away.

Semonkong consists of 84 rural villages in Lesotho, Southern Africa.

The Centre has a desire to keep orphans within their own communities, only children in dire need will be brought into live in care. Sadly, such children do exist. Child-headed households continue to grow and they are extremely vulnerable units. These children need to find secure homes

There is a plan to start a new project this year in four small villages near Quthing, in the far south of Lesotho where 120 orphans await help.

When Joe first came to us, the children all used to sleep under the same roof. A few days after Joe's arrival, there was a boys house. Enough said?

Joe is 15, an ex-shepherd and not the most well behaved boy we have, but there is something about him that has touched us.

It must be said, however, that his behaviour has improved greatly in the last year. Joe found his talent earlier last year as he began riding some of the horses in the local races and winning most of them. He worked for ages at the lodge on Saturdays and finally saved up for a bicycle (which will probably be in need of serious repairs soon). The bike gets ridden by everyone, but Joe seems to have mastered it.

Joe needs prayer. Often the tough guy act is put on because of the fear that is inside.



Sometimes that gets the better of him. He also is battling with school and needs to really work hard if he wants to finish primary school.

What is the future for such boys? Unless they can get through primary school, most end up as shepherds again, and that's not what we want for Joe. If anyone has any jockey school/groom jobs etc they know of, please let us know, as that is really Joe's talent.

The Centre is funded by gifts or donations.

To make a donation:

If you would like to help us with a small donation to buy a blanket, the details are:

Barclays Bank Isle of Man Branch ACC. Holder: Mrs. Jill Kinsey.

Acc Number: 80014540 Sort Code: 20.26.80.

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Our bank account is ATM only and we get no details of depositors. So please do let us know by email if you make a donation, as we would like to say thank-you. Visit my website at www.freewebs.com/semonkongchildrenscentre or email jill@leo.co.ls

'A virtual shoulder to cry on'

Countless parents are turning to websites for help and advice aside from traditional sources like health visitors and doctors. We look at what sort of support such websites give, why they're so popular, and whether parenting advice online is a positive step.

Even the best parents need a little help sometimes - but hundreds of thousands of us are now requesting it everyday, from the comfort of our own front rooms.

Stressed mums need look no further than their computer to start solving most childrearing problems, or have a quick chat with others in the same boat on one of the many advice-packed parenting websites.

It's become so easy that many parents turn to the internet first as a matter of course. But why has parenting chat become so popular? Shouldn't we be figuring out answers for ourselves, or seeking professional help in person?

These sites aren't a substitute for traditional sources of parenting advice and support, such as health visitors, and mother and toddler groups, but a valuable additional resource, says Netmums co-founder Siobhan Freegard.

She started Netmums - a 'family of local websites' - when she felt isolated after having her first baby. The website she started in Harrow, London, quickly snowballed and there are now 152 Netmums sites around the country (www.netmums.com).

Freegard, now a mum of three, says: "Everything useful in a mum's world is passed on by word of mouth, so if you don't know other mums you don't get the information. The idea was to make it easier for mums to speak to each other and help each other."

"There had simply been a vacuum there - my isolated experience was being played out by mums all around the country."

Resources on the site include information on issues such as child development, local activities and household help, recipes, childcare and Local Meet-a-Mum.

The site has almost 400,000 members, the vast majority of whom are women, and, reveal-

ingly, Netmums research found that 60% of them don't live near their extended family. Just over 60% felt they hadn't been able to replace their absent family by meeting new friends in person.

"What the website does is find a modern way to replace the extended family," says Freegard.

Another extension to that family could be found at www.raisingkids.co.uk, where a third of the 180,000 unique visitors a month use its forums to make friends, according to founder, psychologist Dr Pat Spungin, while others log on in search of advice and information.

She thinks the popularity of sites such as hers stems from the fact that attitudes to childrearing have changed so much.

"Parents don't look to their own parents for advice because they think things are different now. They'd rather go to a website where they either see what other people are doing, or what experts are recommending."

She adds: "Very often in the early years of parenting it's quite difficult for people to make friends, so websites serve a vital purpose."

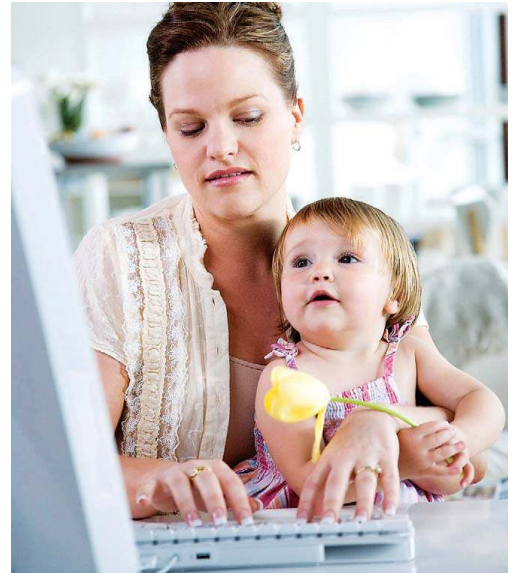
Another important factor is the fact that sites are available 24 hours a day.

Carrie Longton, a co-founder of the 'by parents, for parents' site Mumsnet (www.mumsnet.com), says: "You can ask a question about literally anything to do with parenting on our discussion boards, and somebody will have an answer for you."

"There are thousands and thousands of people with hard-earned parenting experiences that they're willing to share 24/7."

As well as the discussion boards on topics ranging from baby names to mother-in-laws, the site features 'expert' advice, reviews, tips, and interviews.

Longton says that some mums meet face-to-face after talking on the site, but adds that just conversing on the net is often all that's



needed, or preferable in some circumstances.

"It can sometimes be advantageous to be anonymous, because parents might want to discuss things they're worried about and might not want to talk about to friends."

"The people you need to speak

to are the people who are going through exactly the same things as you at the same time, and have come out the other side."

"It's a virtual shoulder to cry on."

It seems we're all doing a lot of crying, if only online.

Lisa Salmon

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ASK THE EXPERT...

Q: "I can't give up cigarettes, but I now smoke outside to protect my children. Although they do see me sometimes, is what I'm doing enough to protect them from the effects of passive smoking?"

A: Professor John Britton, chairman of the Royal College of Physicians' Tobacco Advisory Group, says: "Giving up altogether is the best thing. If you try to quit, and make sure you use the counselling support your GP or local stop smoking service can arrange, and use nicotine replacement therapy or other treatment to support the attempt, you may surprise yourself and make it. Certainly, if you don't try, you'll always be a smoker."

"If quitting isn't going to happen, the next best thing is to smoke outside and make

sure visitors to the house do the same. But as soon as your children are old enough to know what you're doing, they'll be learning from your example and may be more likely to become smokers as a result."

"Children exposed to smoke in the home are at up to 70% increased risk of suffering acute chest infections, or asthma or middle ear disease, and for small babies there's nearly twice the risk of cot death."

"Smoking in a different part of the house doesn't prevent the problem, because cigarette smoke spreads everywhere. It's essential to go outdoors."

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BOX OFFICE

LIVE CONCERTS

APRIL

Editors – April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseu. Tickets: €25 - €28. **Mark Knopfler** – April 4th at Lisbon Campo Pequeno. Further info TBA.

The Hives – April 9th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

James Cotton Blues Band – April 11th at Leiria (a-D-Barbas) Alfa from 11pm. Further info TBA.

Estrella Morente – April 12th at Lisbon Casino from 10pm. Tickets: €30 - €35.

David Fonseca – April 12th at Lisbon Coliseu. Tickets: €20 - €30.

Algarve Orchestra – April 13th at Faro Municipal Theatre.

Gilberto Gil – April 17th at Lisbon Coliseu from 10pm. Tickets: €20 - €45.

Nightwish – April 18th in Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22.

Nick Cave & The Bad Seeds – April 21st at Lisbon Coliseu. Tickets: €30.

Ignite: Death Before Dishonor – April 24th at Lisbon Tatuara.

Backstreet Boys – April 25th at Lisbon Pavilhão Atlântico from 8pm. Tickets: €25 - €35.

MAY

30 Seconds to Mars – May 3rd at Lisbon Pavilhão Atlântico from 8pm. Tickets: €25 - €35.

World Peace One – May 17th at Estádio Alvalade XXI. Further info TBA.

Pedro Abrunhosa – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Adriana Calcanhotto – May 19th at Lisbon Coliseu from 10pm. Tickets: €25 - €50.

Asia – May 21st at Lisbon Coliseu. Further info TBA.

Cat Power – May 26th at Lisbon Coliseu from 10pm. Tickets: €20 - €40.

JUNE

Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: (cont. on page 47)

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

FESTIVITIES

Flower torches festival

In the early morning, the festival in São Brás de Alportel begins with the procession through the flower-covered streets of the city. In the afternoon in the churchyard of the Main Church, people come to-

gether to choose the best flower torches which will be awarded prizes at a cultural gathering in the evening. The evening party is celebrated with plenty of entertainment and plenty of music.



March 23rd at Churchyard of the Main Church in São Brás de Alportel from 10.30am, Eucharist Mass; 11am – Procession; 3.30pm – Sounds and Flavours Fair. Call 289 840 000.

Feast of the Sovereign mother

Yet another year in which the 'Sovereign Mother', patron saint of the city of Loulé, will be attracting thousands of the faithful to the city. As required by tradition, Easter Sunday marks

the beginning of the celebrations with the procession and what is known as the "Festa Pequena", the small feast. The feasts will be held on March 23rd (small feast) and April 6th (big feast).

Call 289 400 600 for more information.

ART WORKSHOPS

The Algarve Artists network

In an exciting new initiative, artists across the Algarve will open their studios to the public over two weekends this spring. The Algarve Artists Network is a group of professional artists of different nationalities who support each other through the exchange of ideas and skills.

Algarve Open Studios have been formed for the purposes of promoting the making of origi-

nal works of art and craft and to provide an opportunity for the public to become involved in the arts by meeting artists in their studios, seeing their work and how it is produced. A wide variety of work will be on sale.

In the Western Algarve the studios of Brigitte von Humboldt in Meia Praia, Kerstin Wagner in Caramujeira, Colin and Mort Figue in Benagil, Meinke

Further details and maps of the studio locations can be found at www.algarveartistsnetwork.com. For more information, call Hilary Holt on 289 413 011 or on Jessica Dunn 962 544 650.

Flesseman in Sesmarias, Lagoa will all be open on March 28th from 6pm - 9pm, and on March 29th and 30th from 11am - 6pm.

The following weekend, April 4th, 5th and 6th the event moves to Central Algarve at the same times to the studios of Adéria and Milita in Almaral, Charlie and Hilary Holt in Franqueada near Loulé, Philippe Claisse in Palmeiros, Jill Stott in Tenoca, and Jessica Dunn in Boliqueime.

The Algarve Artists Network are also pleased to include the studio of the late Pax Benito in Mesquita in the programme.

2 ART WORKSHOPS - Painting and Drawing

The purpose of this course is to expose students of all abilities to a variety of subject matter, media and technique. An ample studio provides for up to 8 students. During good weather trips are arranged to local sites (beaches, serra, villages).

Painting in Colares Mixed media project. Having taught for 12 years at St. Julian's and St. Dominic's Mary is an experienced teacher able to direct and encourage students. Subject matter includes still life, landscape, portraiture and life drawing

among others. Media includes charcoal, pastel, ink, watercolour, acrylic, oils, mixed media, collage and monotyping. Emphasis is on personal expression and raising student confidence. Working in a group brings its own rewards.

Materials provided: easels, boards, basic drawing and painting materials. Students bring their own paper, paints and drawing materials.

Friday from 10am to 1pm. Cost is €80 (€20 per session). Individual sessions: €25. Contact: asmsg@mail.telepac.pt / 962 447 888. Anyone wishing to try out one day is welcome. For information see: www.portugalpainting.com or e-mail asmsg@mail.telepac.pt call 962 447 888.

Etching Workshop

Mary trained as an architect and studied in the US and the UK. In Portugal she worked as an architect, an art teacher and now a fine artist. Etching is a relatively new passion of hers. She views it as an incredibly vast and varied medium where

'mistakes' lead to new and surprising ideas. Etching is a 500 year old medium which involves drawing on copper plates, 'etching' them and printing from them. Drypoint is a non-acid technique. 'Etching' means acid so there are many techniques involving pre-

paring plates for printing which use acid in the process. The fun is in mixing techniques and experimenting and there is the added joy of printing and finding that no one print is the same as another. Mary enjoys dispelling the mystery and confusion surrounding this little known medium.

She exhibits regularly in Portugal. Next show: 'A Costa Brava', Galeria da Casa do Cultura D. Pedro V, Mafra, April 12 - May 11.

Course €50 for the day including lunch or €100 for 3 hour sessions meeting weekly. Saturdays, from 10am - 5pm (lunch included). Students should bring ideas and sketches. For information on Self-catering at Casa do Celeiro see: www.portugalpainting.com. Mary's personal website: mary.portugalpainting.com. E-mail asmsg@mail.telepac.pt or call 962 447 888.

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CHILDREN COURSES

John Aldridge attending Easter course!!

John William Aldridge is a British-born former Republic of Ireland international striker. He was a prolific, record-breaking footballer (goalscorer), best known for his hugely productive time with Liverpool in the late-1980s and for being the first man to have a penalty kick saved in an FA Cup Final.

John will be attending the Easter course at Estrela da Luz.

The course is aimed at boys and girls aged from 6 - 15 years during the school holidays. Price of course is €75 per course which run: Easter: March 24th - 26th. Spring half term: May 26th - 28th. Summer holidays: June 30th - September 3rd. Autumn half term: October 27th - 29th.

The course runs three mornings a week.

For reservations call 282 767 546, visit www.oceanicgroup.com or e-mail reservations@oceanicgroup.com.



Flesh and bone

Professor Trevor Haywood spent much of his career in the area of Information Technology. Since his retirement however he has returned to his first love - history. Trevor has given a number of entertaining talks on the Royal Houses of Portu-

For more information contact: lynnne.booker@netc.pt, info@qtfontebispo.com, or call 281 971 567 / 281 971 484.

gal at the Museu do Trajo in São Brás and at the VilaSol Spa and Golf Resort in Vilamoura. He has published a number of books on IT but his most recent has been a labour of love. It is called 'Flesh and Bone: The Lives, Deaths and Funerals of the British Monarchs'. A delightful, racy read reveals previously lit-

tle known facts about the last days and funerals of 42 British monarchs (as well as Oliver Cromwell, arguably Britain's one and only dictator). On Wednesday, March 26th at 11am, Trevor will be giving a short introduction to his book, at the Quinta Fonte Bispo, near Santa Catarina, Tavira, and he

will be providing answers to such questions as 'Which monarch spent his last day shooting hares?' or 'Which King said of his son, "After I am dead, the boy will ruin himself in twelve months"'? After a 30 minute talk and a question and answer session, Trevor's book will be on sale; he will of course be available to personalise each sold copy with his signature.

TALKS

We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

LIVE MUSIC

Kathryn Stott, piano and Pavel Fischer, violin, concerts

Kathryn Stott and Pavel Fischer will play two concerts – piano solos, violin solos and some duets. They will play a wide range of pieces by, among others, Debussy, Satie, Bartók, Brahms, Sibelius, Villa-Lobos, Fitkin (first concert) and Dvorak, Chopin, Shostakovich, Tchaikovsky, Stravinsky, Albeniz, Teleman (second concert).

Kathryn Stott, one of Britain's most versatile and imaginative musicians, studied at the Yehudi Menuhin School and at the Royal College of Music in London. She is a frequent guest at the world's leading concert halls and appears as a concerto soloist and recitalist in Britain and throughout Europe, the Far East and Australia. Kathryn is greatly in demand as a chamber musician and has long-standing partner-

ships with Yo-Yo Ma, Truls Mørk and Christian Poltéra. A champion of contemporary music, she has given the first performances of many major works including concertos by Sir Peter Maxwell Davies and Michael Nyman, and, with Noriko Ogawa, Graham Fitkin's *Circuit* for two pianos and orchestra. She is an enthusiastic exponent of tango and other Latin dance music, a passion reflected in her collaboration with Yo-Yo Ma and leading South American musicians on the Grammy-winning Sony CD *Soul of the Tango* and its successor, *Obrigado Brazil*. *More about Kathryn and details about her discography can be seen on www.kathrynstott.com*

Pavel Fischer was born in the Czech Republic into a musical family. Pavel studied the violin at the Prague Conservatory and

the Prague Academy of Music. In 1987 he won the second prize in the Janáček Competition in Brno and formed a piano duo with pianist Ivo Jančík. They won first prize in the International Chamber Music Competition in Trapani. He has appeared as a soloist with orchestras in Germany and Czechoslovakia, performing concertos by Bach, Mozart, Wieniawski, Bruch, Mendelssohn and Glazounoff. Recently, Pavel Fischer has concentrated more on teaching at the Royal Academy in London, Quartet Academy in Amsterdam and at the University of Mexico City among others.

Members and guests are asked to be at the Centro Cultural at around 19.00. Concerts start at 19.30.

March 22nd. For further details about these concerts, which will be held at the Centro Cultural São Lourenço, near Almancil, visit www.centrocultural.saolourenco.com or call 289 395 475.



Hiroko Ishimoto on piano

Hiroko Ishimoto, one of Japan's most eminent pianists, will give two concerts on April 23rd, and April 26th. Details about these two concerts are on the Centro Cultural website.

JUST FOR FUN

Charity dinner, dance and fashion show,

Quinta Fonte do Bispo are holding a charity dinner & dance featuring a fashion show by Algarve-based Designer Jouk plus a display of local arts and crafts by their creators.

A three-course meal plus a welcoming glass of wine will be

provided in the entrance price of €20, followed by dancing to live music from Richy Bassett for your entertainment.

A percentage of the profits will be donated to the fire department of São Brás and Quintinha dos Animais abandonados.

Friday 28th March, from 7pm at Quinta Fonte do Bispo, located on the EN270 road close to Santa Catarina, tickets are available in advance, contact us on 281 971 484 or email info@qtfontebispo.com.

Fashion Flair, Art Fair, Fare and Share

Jouk Harris has recently celebrated 25 years of selling designer fashions in the Algarve. Her exciting collections are famous for style and this year's new season's designs are the best ever. Jouk will be presenting her new Spring and Summer collection at 7 pm on Friday 28 March at the Quinta Fonte Bispo, near Santa Catarina, Tavira. Ten real

life models will be showing 30 different up-market fashions. "The grounds of the Quinta and the facilities make this a perfect spot to show off the clothes", said Jouk. "I am pleased to have an opportunity to show these clothes here in the Eastern Algarve." Jouk's clothes suit people of all ages and sizes, and the one thing they have in common is flair!

Also at the Quinta will be a number of displays of jewellery, hand painted cards and glass art. Included in the ticket price is a 3 course meal and the evening concludes with dancing to live music. Profits from the evening will be split equally between São Brás fire department and the Quinta dos Animais Abandonados.

Tickets at €20 are available from: info@qtfontebispo.com/281 971 484

Portugal Talk

In terms of Empire, Portugal may be seen as the European power which was first in (1415) and last out (1974). Why did Portugal choose to fight for its Empire in the 1960s and 70s and

who were its allies in the struggle? How was such a small country able to keep up its war effort over 13 years in three distant and widely spaced theatres of operations? And, what effect did this struggle have on the mother country? The

answers to these and other questions regarding Portugal's Wars of Decolonisation will be answered at 11 am on Friday 28th March by Peter Booker who will be speaking in the Municipal Library, Tavira. info: Biblioteca Álvaro de Campos, 281 320 576.



Only 2 weeks left to enter, so finish and post your entry TODAY!

The Network Short Story Competition is here – it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

Stories can be on any theme, with a maximum of 2,000 words. Entries cost five euros and will be judged by Jenny Grainer, writer, jour-

nalist and tutor in Creative Writing in the Algarve, and Lisa Selvidge, who tutors in Creative Writing in the Algarve and online with the University of East Anglia. Entries will need to be in the

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the

Portishead - Lisbon

Portishead are a trip-hop group from Bristol, England, named after the nearby town of the same name, 19km west of Bristol. The band was formed in Bristol, UK in 1991, by Geoff Barrow, Beth Gibbons and Adrian Utley. Previously, Barrow had been working as a tape operator (including work with Massive Attack and

Tricky), Gibbons was singing in pubs, and Utley had played jazz guitar for Big John Patton and The Jazz Messengers. The trio created the short film *To Kill a Dead Man*, which was heavily inspired by espionage films, and its acoustically accompanied soundtrack persuaded Go! Beat Records to sign the band.



March 27th at Lisbon Coliseu from 9pm. Tickets: €32 - €36.

on 23rd April 2008, International Book Day.

For more details and application forms, please e-mail netpres@networkalgarve.org, ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from www.networkalgarve.org.

BOX OFFICE LIVE CONCERTS

ets: €25 - €40. June 17th at Oporto Coliseu from 8.30pm. Tickets: €22 - €35.

Comeback Kid – June 19th in Lisbon. Further info TBA.

Jack Johnson – June 26th in Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.



Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

AUGUST

Mariza – August 29th at Loulé, Vale do Lobo.

MUSIC FESTIVALS

APRIL

Festival Gouveia Art Rock – April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

MAY

Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Amy Winehouse; Lenny Kravitz; James Morrison; Iyete Sangalo; Sam the Kid & Cool Hoptoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skunk; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larenne; Carl Cox. June 1: Rod Stewart; Joss Stone; Boss AC; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho. June 6: Clá; Buraka Som Sistema; Deise Tigrona; Bruno M; Caim; Vibe.

JULY

Super Bock Super Rock – July 9th at Parque Tejo in Lisbon from 5pm. Tickets: €40. Confirmed acts: Iron Maiden; Avenged Sevenfold.

Festival Oeiras Alive – July 10th – 12th at Passeio Marítimo de Algés. Tickets: €45 - €80. Confirmed acts: July 10: Rage Against The Machine; Peaches. July 11: Within Temptation. July 12: Ben Harper & The Innocent Criminals; Donavon Frankenreiter.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. Confirmed acts: July 31: Sex Pistols.

AUGUST

Sudoeste – August 7th – 10th at Herdade da Casa Branca. Confirmed acts: August 7: Björk; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: La Fura Dels Baus. Further info and acts TBA.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
20 MAR-26 MAR



- 1**
The Nanny Diaries
Scarlett Johansson, Laura Linney
10.00-12.50-15.05
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
17.40-21.00 (00.10 Thu-Sun)
- 2**
August Rush
Freddie Highmore, Keri Russell
16.30-19.05-21.40 (00.15 Thu-Sun)
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
10.40-13.50
- 3**
Horton Hears a Who
Animation OV
11.05-13.10-15.15-17.20-19.25-21.30
(23.55 Thu-Sun)
- 4**
10,000 BC
Steven Strait, Camilla Belle
11.10-13.40-16.10-18.40-21.10 (23.50 Thu-Sun)
- 5**
Horton Hears a Who
Animation PV
11.05-13.10-15.15-17.20-19.25-21.30
Awake
Hayden Christensen, Jessica Alba
(00.30 Thu-Sun)
- 6**
Winx Club: The Secret of the Lost Kingdom
Animation
12.05-14.25
Definitely, Maybe
Ryan Reynolds, Isla Fischer
16.45-19.15-21.45 (00.25 Thu-Sun)
- 7**
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
10.30-14.20-16.50-19.20-21.50 (00.20 Thu-Sun)
- 8**
Winx Club: The Secret of the Lost Kingdom
Animation
(16.30 Fri-Sun)
The Other Boleyn Girl
Eric Bana, Natalie Portman
(16.05 Fri-Sun) 18.45-21.20 (00.00 Thu-Sun)
- 9**
Jumper
Hayden Christensen, Samuel L. Jackson
11.20-14.00
- 10**
The Ugly Duckling and Me
Animation PV
10.10-12.20-14.20 (16.30 Fri-Sun)
No Country for Old Men
Tommy Lee Jones, Javier Bardem
(16.30 except Fri-Sun) 19.10-22.00
(00.35 Thu-Sun)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
20 MAR-26 MAR



- 1**
10,000 BC
Steven Strait, Camilla Belle
14.00-16.15-18.40-21.10 (23.45 Fri & Sat)
- 2**
Mad Money
Diane Keaton, Queen Latifah
14.05-16.20-18.45-21.20 (00.00 Fri & Sat)
- 3**
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
14.10-16.25-18.50-22.00 (00.10 Fri & Sat)
- 4**
Winx Club: The Secret of the Lost Kingdom
Animation
13.40-15.35-17.35-19.35
Definitely, Maybe
Ryan Reynolds, Isla Fischer
21.30 (23.50 Fri & Sat)
- 5**
Juno
Ellen Page, Michael Cera
13.50-16.05-18.30-21.50 (00.15 Fri & Sat)
- 6**
Horton Hears a Who
Animation PV
13.45-15.40-17.40-19.40-21.40 (23.40 Fri & Sat)



OV = Original Version
PV = Portuguese Version

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
20 MAR-26 MAR



- 1**
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
12.50-15.40-18.30-21.20 (00.10 Fri & Sat)
- 2**
10,000 BC
Steven Strait, Camilla Belle
13.05-16.05-18.45-21.30 (00.05 Fri & Sat)
- 3**
Halloween
Malcolm McDowell, Tyler Mane
13.20-16.25-19.00-21.45 (00.15 Fri & Sat)
- 4**
Winx Club: The Secret of the Lost Kingdom
Animation
13.00-15.00-17.00-18.55
No Country for Old Men
Tommy Lee Jones, Javier Bardem
21.00 (23.40 Fri & Sat)
- 5**
Juno
Ellen Page, Michael Cera
13.25-15.30-17.35-19.40-21.50 (00.20 Fri & Sat)
- 6**
August Rush
Freddie Highmore, Keri Russell
13.40-16.20-18.50-21.25 (23.55 Fri & Sat)
- 7**
Horton Hears a Who
Animation
PV: 13.10-15.15-17.20
OV: 19.35-21.40-00.00
- 8**
Horton Hears a Who
Animation PV
13.10-15.15-17.20-19.30-21.35 (23.50 Fri & Sat)
- 9**
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
13.30-16.00-18.40-21.10 (23.30 Fri & Sat)

LUSOMUNDO
VILAMOURA
TEL: 289 302 277
20 MAR-26 MAR

- 10,000 BC**
Steven Strait, Camilla Belle
15.30-18.30-21.30

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
20 MAR-26 MAR

- No Country for Old Men**
Tommy Lee Jones, Javier Bardem
Horton Hears a Who
Animation PV
Awake
Hayden Christensen, Jessica Alba
Mad Money
Diane Keaton, Queen Latifah
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
August Rush
Freddie Highmore, Keri Russell
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Ugly Duckling and Me
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation PV
Die Fälscher
Karl Markovics, August Diehl
The Nanny Diaries
Scarlett Johansson, Laura Linney
Halloween
Malcolm McDowell, Tyler Mane
Horton Hears a Who
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
20 MAR-26 MAR

- Horton Hears a Who**
Animation PV
Die Fälscher
Karl Markovics, August Diehl

- No Country for Old Men**
Tommy Lee Jones, Javier Bardem
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
10,000 BC
Steven Strait, Camilla Belle
Halloween
Malcolm McDowell, Tyler Mane
Juno
Ellen Page, Michael Cera
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Hunting Party
Richard Gere, Terrence Howard
Mad Money
Diane Keaton, Queen Latifah
August Rush
Freddie Highmore, Keri Russell
The Lovebirds
Michael Imperioli, Joaquim de Almeida
Winx Club: The Secret of the Lost Kingdom
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
The Other Boleyn Girl
Eric Bana, Natalie Portman

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
20 MAR-26 MAR

- Horton Hears a Who**
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Hunting Party
Richard Gere, Terrence Howard
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Mad Money
Diane Keaton, Queen Latifah
August Rush
Freddie Highmore, Keri Russell

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
20 MAR-26 MAR

- Hannah Montana / Miley Cyrus: Concert Tour**
Miley Ray Cyrus, Kenny Ortega
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Other Boleyn Girl
Eric Bana, Natalie Portman
10,000 BC
Steven Strait, Camilla Belle
Horton Hears a Who
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
The Ugly Duckling and Me
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
COLOMBO
TEL: 707 246362
20 MAR-26 MAR

- Horton Hears a Who**
Animation OV & PV
August Rush
Freddie Highmore, Keri Russell
Halloween
Malcolm McDowell, Tyler Mane
The Other Boleyn Girl
Eric Bana, Natalie Portman
10,000 BC
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Mad Money
Diane Keaton, Queen Latifah
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

OV = Original Version
PV = Portuguese Version

LUSOMUNDO
DOLCE VITAMIRA FLORES
TEL: 707 246362
20 MAR-26 MAR

- Winx Club: The Secret of the Lost Kingdom**
Animation PV
Awake
Hayden Christensen, Jessica Alba
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
10,000 BC
Steven Strait, Camilla Belle
Michael Clayton
George Clooney, Tom Wilkinson
The Ugly Duckling and Me
Animation PV

UCI CINEMAS
EL CORTE INGLÉS
TEL: 707 23 22 21
20 MAR-26 MAR



- Die Fälscher**
Karl Markovics, August Diehl
Silk
Michael Pitt, Keira Knightley
Winx Club: The Secret of the Lost Kingdom
Animation
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
August Rush
Freddie Highmore, Keri Russell
Juno
Ellen Page, Michael Cera
The Other Boleyn Girl
Eric Bana, Natalie Portman
10,000 BC
Steven Strait, Camilla Belle
The Lovebirds
Michael Imperioli, Joaquim de Almeida
Persepolis
Animation
Horton Hears a Who
Animation OV & PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Michael Clayton
George Clooney, Tom Wilkinson
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Definitely, Maybe
Ryan Reynolds, Isla Fischer

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
20 MAR-26 MAR

- 10,000 BC**
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Horton Hears a Who
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

UCI CINEMAS
FREERPORT
TEL: 707 23 22 21
20 MAR-26 MAR



- 10,000 BC**
Steven Strait, Camilla Belle
Winx Club: The Secret of the Lost Kingdom
Animation PV
Rambo
Sylvester Stallone, Julie Benz
Mad Money
Diane Keaton, Queen Latifah
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation PV
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
P.S. I Love You
Hilary Swank, Gerard Butler
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Michael Clayton
George Clooney, Tom Wilkinson
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Jumper
Hayden Christensen, Samuel L. Jackson
Halloween
Malcolm McDowell, Tyler Mane

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
20 MAR-26 MAR

- Horton Hears a Who**
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Mad Money
Diane Keaton, Queen Latifah
10,000 BC
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Ugly Duckling and Me
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
Winx Club: The Secret of the Lost Kingdom
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
OEIRAS PARQUE
TEL: 707 246362
20 MAR-26 MAR

- August Rush**
Freddie Highmore, Keri Russell
10,000 BC
Steven Strait, Camilla Belle
The Ugly Duckling and Me
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Mad Money
Diane Keaton, Queen Latifah
Horton Hears a Who
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane

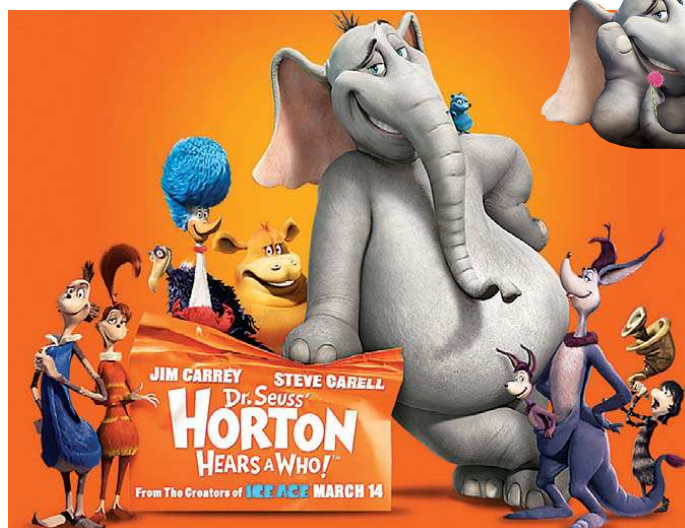
LUSOMUNDO
TORRES VEDRAS
TEL: 707 246362
20 MAR-26 MAR

- 10,000 BC**
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Horton Hears a Who
Animation PV
There Will be Blood
Daniel Day-Lewis, Dillon Freasier

LUSOMUNDO
VASCODA GAMA
TEL: 707 246362
20 MAR-26 MAR

- Horton Hears a Who**
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Winx Club: The Secret of the Lost Kingdom
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Ugly Duckling and Me
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
10,000 BC
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

OV = Original Version
PV = Portuguese Version



On the fifteenth of May, in the jungle of Nool, in the heat of the day, in the cool of the pool. He was splashing...enjoying the jungle's great joys... When Horton the elephant heard a small noise.

With his signature evocative and rhyming text, writer and cartoonist Dr. Seuss, an American treasure whose books have delighted generations of young people, opens one of his most beloved tales, *Horton Hears a Who!*

The film, like Seuss' book, presents an imaginative elephant named Horton (voiced by Jim Carrey) who hears a faint cry for help coming from a tiny speck of dust floating through the air. Although Horton doesn't know it yet, that speck houses an entire city named Who-ville, inhabited by the microscopic Whos, led by the Mayor (voiced by Steve

Carell). Despite being ridiculed and threatened by his neighbours, who think he has lost his mind, Horton is determined to save the particle...because "a person's a person, no matter how small."

Horton Hears a Who comes together through the vision of a master storyteller, the magic of computer animation, and the special alchemy of three generations of comedy stars, Carrey and Carell are joined by the legendary Carol Burnett, as well as cutting-edge talents Will Arnett, Isla Fisher, Amy Poehler, Seth Rogen and Jonah Hill, to create an all-audience comedy event.

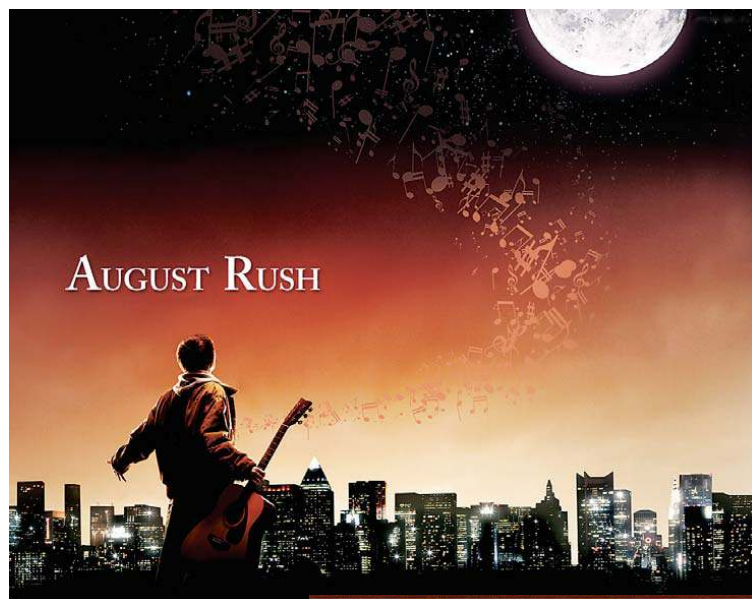
THE TRACEY FRAGMENTS



15-year-old Tracey Berkowitz (Ellen Page) is naked under a tattered shower curtain at the back of a bus, looking for her little brother Sonny, who thinks he's a dog.

Tracey's journey leads us into the dark underbelly of the city, into the emotional cesspool of her home, through the brutality of her high school and the clinical cat and mouse games with her shrink.

Tracey's stories begin to intertwine truth with lies, and hope with despair as we move closer to the truth of Sonny's disappearance...



A charismatic young Irish guitarist (Jonathan Rhys Meyers) and a sheltered young cellist (Keri Russell) have a chance encounter one magical night above New York's Washington Square, but are soon torn apart, leaving in their wake an infant, orphaned by circumstance. Years later, performing on the streets of New York and cared for by a mysterious stranger (Robin Williams) who gives him the name August Rush, the child (Freddie Highmore) uses his remarkable musical talent to seek the parents from whom he was separated at birth.



Academy Award winner Diane Keaton, Oscar nominee Queen Latifah and Katie Holmes star in *Mad Money*, a comedy about three ordinary women who form an unlikely friendship and decide to do something extraordinary, rob one of the most secure banks in the world. *Mad Money* is directed by Academy Award winner Callie Khouri (screenwriter of *Thelma and Louise*, director of *Divine Secrets of the Ya-Ya Sisterhood*).

Hannah Montana fans everywhere will have a chance to see their favourite singer, songwriter and actress, Miley Cyrus, perform her sold-out concert tour on the big screen in *Hannah Montana & Miley Cyrus: Best of Both Worlds Concert*. Shot during Cyrus's 54-city tour and exhibited in state-of-the-art Disney Digital 3D.



CELEB NEWS

Halle Berry and her partner, model Gabriel Aubry, are celebrating after welcoming a baby girl into the world last week. The *Catwoman* star gave birth at Los Angeles' Cedars-Sinai Medical Center. It's the first child for the 41-year-old and her model/restaurantier Beau. Berry recently cooed about her pregnancy, stating, "I want to stay pregnant forever." The *Monster's Ball* star met 32-year-old Aubry on a photo shoot for Versace in 2005; the couple announced the pregnancy in September. A representative for Berry has confirmed the baby news, revealing the new mom "is doing great".

«»» Hollywood actor **Matt Damon** is to become a father for the second time. *The Bourne Ultimatum* star and wife Luciana will welcome the new addition to their family later this year. Damon's spokesman Jennifer Allen tells People.com, "They couldn't be happier. They're so excited!" The couple announced the news after attending the Empire Film Awards in London. They already have a daughter, Isabella. Damon is also stepfather to Luciana's nine-year-old daughter Alexia. «»»»

A charity co-founded by **George Clooney**, **Brad Pitt**, **Matt Damon** and **Don Cheadle** has donated \$500,000 to the United Nations World Food Program. The money, handed over by the stars' Not On Our Watch organization, is earmarked for the U.N.'s food aid agency to prevent hunger in the troubled Darfur region of Sudan. In a statement, Clooney said: "Without immediate additional funding, humanitarian aid in the region will be crippled." Not On Our Watch has raised more than \$9.3 million for Darfur, and last year donated \$1 million to the World Food Program. Clooney has become a leading celebrity advocate for action against the genocide in the Sudan after filming a documentary about the crisis last year. «»»»

Oscar-winning director **Anthony Minghella**, a towering figure in contemporary British cinema, has died at the age of 54, the BBC reported, citing his publicist, Judy Daish. The cause of death, at first not immediately disclosed, was a fatal haemorrhage after undergoing surgery on his neck. Minghella won an Oscar as best director for the 1996 film *The English Patient*. He received two screenwriter nominations, the first for *The English Patient* (which he won), and then, three years later, for *The Talented Mr. Ripley*. «»»»

Arthur C. Clarke, the legendary science fiction writer whose work inspired the classic *Stanley Kubrick* film *2001: A Space Odyssey*, died at his home in Sri Lanka; he was 90. According to his aide, Clarke died after suffering from breathing problems; the author had been suffering from post-polio syndrome since the 1960s. «»»»

Veteran actor **Ernest Borgnine** is keen to land a series of quickie TV films, so he can hit a landmark 200 movies in 2008. The Oscar-winning 91-year-old claims he has appeared in 198 film projects and he's determined to make it to 200 quickly, with a little help from TV networks. After winning a 2008 Golden Globe Award nomination for his leading role in *A Grandpa for Christmas* and acclaim for upcoming TV western *Aces 'N' Eights*, Borgnine hopes to land more TV roles. He says, "I'm waiting for some stuff to come through from Hallmark (the TV network) with a couple of things and then I'll reach 200 movies. But I hope to make more than 200." And he's up for anything, as he proved when he insisted on doing his own horse-riding in new TV movie *Aces 'N' Eights*. Borgnine explains, "I was 90 when I made this and I was still getting on a horse. They said, 'Are you really gonna get on a horse?' I said, 'Of course. I'll do it just like Duke (John) Wayne used to do it. Get a ladder and climb up and get on! How do you think Wayne used to get up there?'" «»»»

Actress **Téa Leoni** has launched a new UNICEF initiative to raise awareness of children with Agent Orange-caused disabilities in Vietnam. The *Deep Impact* star, and ambassador for the charity, visited families and health centres with children suffering from birth defects linked to the chemical, which was widely used by the U.S. Army during the Vietnam War in the 1960s and 1970s. She says, "The (U.S.) public, I think, is not aware of some of the specific dioxin issues. I think there is great compassion from the U.S. and its citizens (and a desire) to want to bridge whatever gap there may be remaining from our time here. As a mother it is a very intense experience to visit with another mother and see her caring for children who are so in need of support and care." Caryl Stern, of UNICEF, says the UNICEF United States Fund is aiming to raise \$2 million this year and up to \$5 million over the next few years for Vietnamese children with disabilities. «»»»



OV = Original Version
PV = Portuguese Version

NORTH

UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 23 22 21
20 MAR-26 MAR

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Mad Money
Diane Keaton, Queen Latifah
The Nanny Diaries
Scarlett Johansson, Laura Linney
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
P.S. I Love You
Hilary Swank, Gerard Butler
Rambo
Sylvester Stallone, Julie Benz
Halloween
Malcolm McDowell, Tyler Mane
Jumper
Hayden Christensen, Samuel L. Jackson
Lobos
Nuno Melo, Catarina Wallenstein
Awake
Hayden Christensen, Jessica Alba
Michael Clayton
George Clooney, Tom Wilkinson
Winx Club: The Secret of the Lost Kingdom
Animation
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Other Boleyn Girl
Eric Bana, Natalie Portman
The Ugly Duckling and Me
Animation PV
Atanarjuat
Keira Knightley, James McAvoy
August Rush
Freddie Highmore, Keri Russell
Horton Hears a Who
Animation OV & PV
10,000 BC
Steven Strait, Camilla Belle
Juno
Ellen Page, Michael Cera
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Die Fälscher
Karl Markovics, August Diehl
Silk
Michael Pitt, Keira Knightley
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
20 MAR-26 MAR

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Persepolis
Animation
Juno
Ellen Page, Michael Cera
Winx Club: The Secret of the Lost Kingdom
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Lobos
Nuno Melo, Catarina Wallenstein
P.S. I Love You
Hilary Swank, Gerard Butler
The Other Boleyn Girl
Eric Bana, Natalie Portman
Mad Money
Diane Keaton, Queen Latifah

LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
20 MAR-26 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Halloween
Malcolm McDowell, Tyler Mane
Horton Hears a Who
Animation PV
In the Valley of Elah
Tommy Lee Jones, Charlize Theron
The Ugly Duckling and Me
Animation PV
Rambo
Sylvester Stallone, Julie Benz

OV = Original Version
PV = Portuguese Version

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
20 MAR-26 MAR

No Country for Old Men
Tommy Lee Jones, Javier Bardem
10,000 BC
Steven Strait, Camilla Belle
Winx Club: The Secret of the Lost Kingdom
Animation PV
Juno
Ellen Page, Michael Cera
The Other Boleyn Girl
Eric Bana, Natalie Portman
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
The Lovebirds
Michael Imperioli, Joaquim de Almeida
Persepolis
Animation
Lobos
Nuno Melo, Catarina Wallenstein
Caramel / Sukkar Banat
Nadine Labaki, Yasmine Elmasri
August Rush
Freddie Highmore, Keri Russell
Michael Clayton
George Clooney, Tom Wilkinson
P.S. I Love You
Hilary Swank, Gerard Butler

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
20 MAR-26 MAR

The Ugly Duckling and Me
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Horton Hears a Who
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Mad Money
Diane Keaton, Queen Latifah

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
20 MAR-26 MAR

Winx Club: The Secret of the Lost Kingdom
Animation PV
Sydney White
Amanda Bynes, Matt Long
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
10,000 BC
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker

LUSOMUNDO
FERRARAPLAZA
TEL: 707 246362
20 MAR-26 MAR

Winx Club: The Secret of the Lost Kingdom
Animation
Michael Clayton
George Clooney, Tom Wilkinson
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Sydney White
Amanda Bynes, Matt Long

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
20 MAR-26 MAR

Horton Hears a Who
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Michael Clayton
George Clooney, Tom Wilkinson
Winx Club: The Secret of the Lost Kingdom
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
10,000 BC
Steven Strait, Camilla Belle

The Nanny Diaries
Scarlett Johansson, Laura Linney
There Will be Blood
Daniel Day-Lewis, Dillon Freasier

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
20 MAR-26 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
Sydney White
Amanda Bynes, Matt Long
Horton Hears a Who
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Nanny Diaries
Scarlett Johansson, Laura Linney
Awake
Hayden Christensen, Jessica Alba
10,000 BC
Steven Strait, Camilla Belle

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
20 MAR-26 MAR

The Ugly Duckling and Me
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
Awake
Hayden Christensen, Jessica Alba
The Hunting Party
Richard Gere, Terrence Howard

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
20 MAR-26 MAR

August Rush
Freddie Highmore, Keri Russell
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Horton Hears a Who
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
10,000 BC
Steven Strait, Camilla Belle
The Ugly Duckling and Me
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Winx Club: The Secret of the Lost Kingdom
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Juno
Ellen Page, Michael Cera

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
20 MAR-26 MAR

10,000 BC
Steven Strait, Camilla Belle
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Winx Club: The Secret of the Lost Kingdom
Animation PV
Juno
Ellen Page, Michael Cera
Horton Hears a Who
Animation PV
Halloween
Malcolm McDowell, Tyler Mane
The Nanny Diaries
Scarlett Johansson, Laura Linney
Awake
Hayden Christensen, Jessica Alba
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
P.S. I Love You
Hilary Swank, Gerard Butler

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
20 MAR-26 MAR

Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle

Winx Club: The Secret of the Lost Kingdom
Animation PV
Awake
Hayden Christensen, Jessica Alba
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Ugly Duckling and Me
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
20 MAR-26 MAR

Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
No Country for Old Men
Tommy Lee Jones, Javier Bardem
10,000 BC
Steven Strait, Camilla Belle
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane
Winx Club: The Secret of the Lost Kingdom
Animation
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Mad Money
Diane Keaton, Queen Latifah
Horton Hears a Who
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
20 MAR-26 MAR

The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
Halloween
Malcolm McDowell, Tyler Mane
The Ugly Duckling and Me
Animation PV
Sydney White
Amanda Bynes, Matt Long
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Mad Money
Diane Keaton, Queen Latifah
The Other Boleyn Girl
Eric Bana, Natalie Portman
Jumper
Hayden Christensen, Samuel L. Jackson
Winx Club: The Secret of the Lost Kingdom
Animation PV
Michael Clayton
George Clooney, Tom Wilkinson

LUSOMUNDO
PARQUENASCENTE
TEL: 707 246362
20 MAR-26 MAR

Definitely, Maybe
Ryan Reynolds, Isla Fischer
Winx Club: The Secret of the Lost Kingdom
Animation PV
P.S. I Love You
Hilary Swank, Gerard Butler
Horton Hears a Who
Animation OV & PV
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
Mad Money
Diane Keaton, Queen Latifah
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
The Ugly Duckling and Me
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson
Halloween
Malcolm McDowell, Tyler Mane
August Rush
Freddie Highmore, Keri Russell
No Country for Old Men
Tommy Lee Jones, Javier Bardem

OV = Original Version

PV = Portuguese Version



North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt



UNTIL 30 MARCH

Exhibition 'Robert Rauschenberg: Em viagem 70-76' at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

Centre



CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY

Sea Museum – Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

ESTORIL

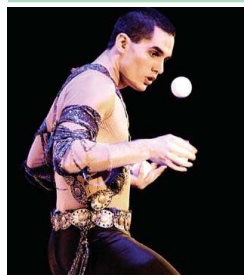
UNTIL 2 APR

Collective Exhibition 'Cursos e Percursos II', by Portuguese and Spanish Fine Arts School Professors at Casino Estoril Art Gallery •

Praça José Teodoro dos Santos • 214 667700 • info.cestoril@estoril-sol.com • www.casino-estoril.pt

LISBOA

UNTIL 31 MARCH



The Art of the New Circus • Arena Lounge of Lisbon Casino • Alameda dos Oceanos at Parque das Nações • Metro: Orient Station • www.casino-lisboa.pt • www.ticketline.pt

APASSIONATA - the leading European Equestrian Show - this year entitled 'Four Seasons' • Campo Pequeno • 21h30 (on 29th also at 15h30) • Ticket prices from €20 to €55 • Tel: 707234234 • www.ticketline.pt

www.the-news.net

27 MARCH

The prestigious Orchestre des Champs-Élysées conducted by Philippe Herreweghe once again in concert with the Collegium Vocale Gent, present Brahms in his famous 'Ein Deutsches Requiem' (A German Requiem) • Coliseu do Porto • 21h30 • Tickets: From €15 to €40 • Information and Reservations: 707234234 or call directly the Coliseum on 223394949 • Rua Passos Manuel, 137 • www.coliseudoporto.pt • www.ticketline.pt

GUIMARÃES

UNTIL 30 MARCH



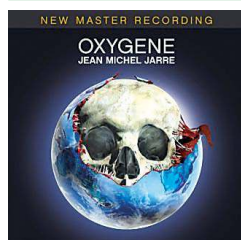
Photo Exhibition 'Mi Go' Concert • Centro Cultural Vila Flor • Daily except Mon • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

21 APRIL



Steve Smith and Vital Information present in concert «Vitalization» • São Jorge Cinema • 21h30 • Tickets from €22 to €27 • Tickets: Ticketline, Fnac, Agência Abep and Alvalade, São Jorge Cinema

25 APRIL



For the 1st time in Portugal the French world acclaimed electronic musician & composer Jean Michel Jarre presents his Mega Show of light & music 'Oxigene' • Coliseu dos Recreios • 21h30 • Tickets from €25 to €240 • Tickets: Ticketline, Fnac, Agencies Abep and Alvalade & Coliseu dos Recreios

DAILY



National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mondays & holidays) • Afonso de Albuquerque Square • 213610850

ALBUFEIRA

DAILY

Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 10h30 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

BOLIQUEIME

DAILY



Top Of The Class Gustavo Pereira, Robert King and Marcos Cerejo, students of Irene Einstein and Oxana Anikeeva from the Conservatório Regional do Algarve will be performing works by Bach, Liszt, Beethoven, Albeniz, Vitorino d Almeida, Luiz Costa, Bartok & Rachmaninov at the opening of 'The Young Americans' art exhibition at **Corte Real Art Gallery** • The gallery is just off the EN125 in Boliqueime • Tickets: €20 • contact Events Manager, Katrina Rose: 918 971 566 or 289 392 335/ simonvrose@aol.com • www.corterealarte.com

ALCANTARILHA

DAILY



Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

LAGOA

UNTIL 30 MARCH

Playing - 'Commedia a la Carte' (Comedy a la carte) (20 & 21 March) and 'Viva a Revista' (28, 29 & 30 March) by Octávio Matos and Natalina José • Municipal Auditorium • 282380434 • www.cm-lagoa.pt

LAGOS

UNTIL 31 MARCH

Exhibition of Arts & Crafts from N.E.C.I. & Exhibition of art and photography by David Haines, Moira Maguire and Joao Paulo Carrodo • Armazém Regimental 2 • 9h30 to late • Info: 282380434

South



Easter Concert by Orquestra do Algarve (Algarve Orchestra)

23rd March in Alcoutim, Matrix Church at 17h00

www.orquestradoalgarve.com



CHARITY DINNER

Dance & Fashion Show

28th March at 19h00



Quinta Fonte do Bispo are holding a Charity Dinner & Dance featuring a fashion show by Algarve-based Designer Jook plus a display of local arts and crafts by their creators. A three-course meal plus a welcoming glass of wine will be provided in the entrance price of €20, followed by dancing to live music from Richy Bassett for your entertainment. A percentage of the profits will be donated to the Bonheiros de São Bras and Quintinha dos Animais abandonados. Quinta Fonte do Bispo is located on the EN270 road close to Santa Catarina, tickets are available in advance, contact us on 281 971 484 or email info@qtfonteisbpo.com

THEATRE NIGHTS

Friday, 28th & Saturday, 29th March 2008

The BENEFACTORS at Silves Cine-Theatre Club Present 'Love, Sex and Other Disasters' (Four Short Comedies) 'Souvenirs' by Jules Tasca; 'Snocky' by Jules Tasca; 'Nick And Wendy' by Renée Taylor & Joseph Bologna; 'Black And Silver' by Michael Frayn; with John Mountford, Nicki Moran, Thomas Hartman, Cathy Morris, Barbara Mountford. Bar opens at 19h30 – Show begins at 20h30 sharp. €8 for members - €10 for non-members Don't miss it! Book now! Bookings: 282-330242 - Mobile: 962 991 036- Email: coledoram@hotmail.com

ART EXHIBITION

See the latest paintings by **MariAn Simpson**

until 30th April at **Adamastor Restaurant and Gallery in Foz do Arelho** on the Silver Coast (The exhibition is located in the pink building by the roundabout on the road above the beach) MariAnArtist@aol.com



London based artist **Peter Kavanah's** series of male studies permanent exhibition & Beaman Cole's food POP Art, part of the exciting

Young American Exhibition

CORTE REAL ART GALLERY

(Just off the EN125 in Boliqueime)

❖ Wednesday to Sunday from 10h00 to 17h00 ❖ **Gallery Café Open** – Perfect place to meet friends. Tel: +351 912 737 762 Mobile: +351 918 980 199 www.corterealarte.com simonvrose@aol.com

'EAST ALGARVE WALKS'

- Every Friday Morning -

For more information, call Brian on:

913 595 868

moonlightservices@yahoo.co.uk



BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Figure Skating. (T) 2.15 Live Rugby Union. Leicester Tigers v London Wasps (Kick-off 2.30pm). (T) 4.30 Final Score.

- 5.20 BBC News; Regional News; Weather. (T)
- 5.40 FILM: Toy Story 2 (1999). Animated sequel, with the voice of Tom Hanks. (T)
- 7.05 I'd Do Anything. The 18 remaining girls hoping to land the role of Nancy in Oliver! return to London to prepare for their performance in front of Andrew Lloyd Webber and Cameron Mackintosh. However, only 12 wannabes will make it through to the first live show next week. Graham Norton hosts, while judges John Barrowman, Denise Van Outen and Barry Humphries offer their opinions. (T)
- 8.05 The National Lottery Draws. Duncan James announces the all-important numbers. (T)
- 8.15 Casually. Abs attends his brother's funeral, but most people don't want him there, including his mother. The only one pleased to see him is an old friend, who turns out to have a drink problem. A woman is rushed to hospital after a car crash and proves to be involved in an insurance racket. Comedian Boothby Graffeo guest stars. (T)
- 9.05 Love Soup. Alice gets caught up in a complicated web of romantic deceit over which she has no control, while Cleo discovers a thrilling new love prospect at a rubbish tip. (T)
- 9.35 The Vicar of Dibley. Geraldine transforms the church into an ark and holds a special service for the animals of the village - but David is far from impressed by her efforts. Comedy, starring Dawn French. (R) (T)
- 10.05 BBC News; Weather; (T) National Lottery Update. (T)
- 10.25 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League matches, including Aston Villa v Sunderland at Villa Park, where crucial points at both ends of the table are at stake. Plus, action from Tottenham Hotspur against Portsmouth at White Hart Lane, Birmingham City's trip to the Madejski Stadium to face Reading and the clash at Goodison Park between Everton and West Ham United. (T)
- 11.45 FILM: Roadkill (2001). Thriller, starring Steve Zahn. (T)
- 12.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Krypto the Superdog. (R) (T) 7.40 Mortified. (R) (T) 8.00 Zombie Hotel. (R) (T) 8.25 Thumb Wrestling Federation: TWF. (R) (T) Diddy Dick & Dom. (R) (T) 8.35 Dinosaupien. (R) (T) 9.00 Basil's Swap Shop. (T) 10.00 Prank Patrol; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends. (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Them. (T) 12.45 BBC Switch: Falcon Beach. (T) 1.30 FILM: Alvarez Kelly (1966). American Civil War drama, starring William Holden. (T) 3.15 Monk. (T) 4.00 Unknown Africa. (R) (T) 4.30 Unknown Africa. (R) (T) 5.00 Live Rugby Union. Ospreys v Saracens (Kick-off 5.15pm). (T) 7.10 The Culture Show. With Goldfrapp and the makers of Son of Rambow. (T) 8.00 Dad's Army. The vicar and vergier enlist in the Home Guard, but their over-enthusiastic man-management brings the wrath of Warden Hodges down upon the church hall. First shown in 1973. (R) (T) 8.30 Shroud of Turin. The possible origins of the relic. (T) 9.30 Have I Got Old News for You. With host Damian Lewis. (R) (T) 10.00 Richard the Lionheart. Docu-drama, starring Steve Waddington. (T) 11.00 FILM: Das Boot (1981). German wartime drama. Jürgen Prochnow stars. 2.20 Space Race. (R) (T) 3.20 The Culture Show. (R) (T) 4.10 Mad Men. (R) (T) 4.55 Monk. Julie's school basketball coach is killed. (R) (T) 5.35 Close.

Pick of the Day

I'd Do Anything (BBC1, 7.05pm)

Graham Norton continues the new talent search in the lead-up to next week's all-important first live show. This time there's a double challenge for Andrew Lloyd Webber and his team: to find talent for the roles of Nancy and a total of three youthful proEgEs to play orphaned urchin Oliver, in Cameron Mackintosh's forthcoming revival of the much-loved musical Oliver! The panel presiding over the weekly show is John Barrowman, Denise Van Outen and Barry Humphries. Tonight's second show picks up the journey as the girls are whittled down to the final 12 lucky enough to make it through to the live shows. After the rigours of Nancy School, the 18 remaining girls return to London to prepare for their first performance in front of Andrew and Cameron. This is the girls' last chance to prove they should be one of the 12 who'll perform for the viewers' votes on the live shows. After an agonising overnight wait while the panel makes its final deliberations, the girls are then summoned to Andrew's country home to await their fate. Meanwhile, the wannabe Oliviers discover which of them has impressed the most and will continue forward to the final line-up of 12 boys. Next week, it's over to the BBC One audience and the first live show in which viewers help decide which girls' dreams survive, in the quest to win the coveted role of Nancy.

C4

6.05 Making It. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Beauty & the Geek. (R) (T) 10.00 T4: Beauty & the Geek. (R) (T) 11.00 T4: Friends. (R) (T) 11.35 T4: Friends. (R) (T) 12.10 T4: The Hoosiers: Video Exclusive. (T) 12.20 T4: Vanity Lair. (R) (T) 1.25 T4: The Simpsons. (R) (T) 2.00 Channel 4 Racing from Doncaster. Haydock Park and Carlisle. (Including the 3.45 William Hill Lincoln H'cap 1m). (T) 4.15 Deal or No Deal. (T) 5.05 Jamie at Home. (R) (T) 5.40 Willie's Wonky Chocolate Factory. (R) (T) 6.45 Channel 4 News. (T) 7.15 Grand Designs Revisited. Kevin McCloud returns to a Surrey village, where brain tumour sufferer Philip Trail and his wife Angela created a high-spec contemporary house in the shell of a barn. The design involved two bedroom pods connected by a walkway, leaving an open-plan living space between. Five years on, the presenter discovers whether the couple have managed to turn the building into a relaxing family home. (R) (T) 8.15 FILM: The Day After Tomorrow (2004). The dawn of a new ice age threatens Earth - leaving weather expert Dennis Quaid racing against time to save his son. Disaster thriller, with Jake Gyllenhaal. (T) 10.35 Lee Evans XL Tour 2005 Live. (T) 11.40 The Friday Night Project. (R) (T) 12.45 The Album Chart Show. (T) 1.15 4Play: Elbow. (T) 1.30 The Hoosiers: Video Exclusive. (R) (T) 1.35 FILM: Y Tu Mama Tambien (2001). Mexican comedy drama, starring Maribel Verdú. 3.20 FILM: Me You Them (2000). Romantic drama, starring Regina Cage. 5.10 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake!: Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.50 Fireman Sam. (R) (T) 8.05 Rupert Bear. (R) (T) 8.20 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.45 Polar Bear Adventures with Nigel Marven. (R) (T) 11.35 Neighbours. (T) 1.20 FILM: Camelot (1967). Musical, starring Richard Harris. (T) 4.35 FILM: DARYL (1985). Sci-fi drama, with Mary Beth Hurt. (T) 6.25 five news and sports. (T) 6.30 FILM: End Game (2005). Premiere. A Secret Service agent is consumed by guilt when he fails to protect the life of the American President - so vows to make amends. Thriller, with Cuba Gooding Jr. (T) 8.10 NCIS. A Marine suspected of murdering a girl is killed in Iraq and a search of his personal belongings reveals her body. However, Gibbs thinks there's more to the case than meets the eye. (R) (T) 9.05 CSI: NY. Stella, Flack and Lindsay suspect the involvement of a joke-shop owner when they investigate the death of an extravagant Internet entrepreneur who was killed by an exploding cigar. (T) 10.05 Law & Order. The owner of a clothing company is found beaten to death. (T) 11.05 Crimes That Shook the World. (R) (T) 12.05 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

- 7.20 GMTV. (T) 9.25 Dancing on Ice - The Final Skate Off. (R) (T) 11.25 Coronation Street. (T) 1.30 ITV News and Weather. (T) 1.35 London Today; Weather. (T) 1.40 FI: Malaysian Grand Prix Qualifying. (R) (T) 3.10 FILM: Tomorrow Never Dies (1997). James Bond adventure, with Pierce Brosnan. Continues after the news. (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Weather. (T)
- 5.00 FILM: Tomorrow Never Dies (1997). Concluded. (T)
- 6.00 All New You've Been Framed! Harry Hill presents another selection of rib-tickling home videos, featuring crazy horses, practical jokers and skiers hitting the slopes - literally. Plus, clips of the cutest kids and dafdest pensioners on the planet. (T)
- 6.35 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)
- 7.05 Ant & Dec's Saturday Night Takeaway. The duo present the latest episode in the current series. Hollywood actress Kate Hudson steps into the voiceover booth. Christopher Biggins and Jane McDonald help viewers to Grab the Ads, and it's the final round of Ant v Dec: The Teams. If Ant won last week, he'll already be toasting his first series victory - if he didn't, Dec will be going all-out to make it three-all and go to a tie-breaker. (T)
- 8.25 Duel. Nick Hancock hosts another round of the high-tension quiz show in which one wrong answer can mean instant elimination. Two contestants go head to head, armed with 10 chips with which they can cover as many of the multiple-choice answers as they choose. But as their chips disappear, so do their chances to cover all the bases - so the contest ends up being a battle of both knowledge and nerve. (T)
- 9.25 FILM: Pride and Prejudice (2005). Premiere. Polished adaptation of Jane Austen's novel, following the tangled romantic lives of five sisters. Costume drama, starring Keira Knightley, Brenda Blethyn and Judi Dench. (T)
- 11.45 ITV News and Weather; Weather. (T) 12.00 Saturday Night Divas. (R) (T) 1.05 Nightwatch with Steve Scott: Mystery; (T) ITV News Headlines. 2.05 FILM: Cradle Will Rock (1999). Factual drama, starring Hank Azaria. (T) 4.10 ITV Nightscreen.

LOCAL

RTP1
0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Fim-de-Semana 1100 Mudar de Vida 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2030 Football: Sporting V Setúbal 2115 Operação Triunfo 2315 Very Bad Things, film 0245 Hora da Sorte 0415 Telealeas

RTP2
0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0930 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Chocolate, film 1300 Kabommm 1330 Bombordo 1400 Afeganistão - O Tráfico de Heroína 1500 Sport 2100 Entre Pratos 1930 Kabommm 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2315 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews

SIC
0700 Sic Kids 0845 Disney Kids 1030 Piglet's Big Movie, film 1200 Nosso Mundo 1300 News 1515 Futsal: Freixieiro V Benfica 1715 Red Crown, film 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0145 The Truman Show, film 0300 Wild Bill, film 0330 Quando o Telefone Toca

TVI
0700 Children TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Film TBA 1800 Film TBA 2000 News 2245 Deixame Amar 0000 Junior, film 0200 Toca a Ganhar 0330 Film TBA 0500 The Office 0530 Telealeas

Best of the Rest

BBC3

7.00 Spondaholics 7.30 The Real Hustle Las Vegas 8.00 Top Gear 9.05 The Mighty Boosh Night: The Mighty Boosh - A Journey Through Time and Space 10.05 The Mighty Boosh Night: The Mighty Boosh 10.35 The Mighty Boosh Night: The Mighty Boosh 11.05 The Mighty Boosh Night: The Mighty Boosh 11.35 The Mighty Boosh Night: The Mighty Boosh 12.05 The Mighty Boosh Night: The Mighty Boosh 12.35 The Mighty Boosh Night: The Mighty Boosh 13.05 The Mighty Boosh Night: The Mighty Boosh 13.35 The Mighty Boosh Night: The Mighty Boosh 14.05 The Mighty Boosh Night: The Mighty Boosh 14.35 The Mighty Boosh Night: The Mighty Boosh 15.00 The Real Hustle Las Vegas 2.20 The Mighty Boosh Night: The Mighty Boosh - A Journey Through Time and Space 3.15 The Mighty Boosh Night: The Mighty Boosh 3.45 The Mighty Boosh Night: The Mighty Boosh 4.15 The Mighty Boosh Night: The Mighty Boosh 4.45 The Mighty Boosh Night: The Mighty Boosh 4.55 The Mighty Boosh Night: The Mighty Boosh

BBC4

7.00 Sacred Music 8.00 Emma 8.45 10 Days to War 9.35 The Hard Sell 10.05 Selling Power: The Admen and No 11.05 Mad Men 11.55 Mad Men 12.40 Mad Men 1.25 Selling Power: The Admen and No 10 2.25 The Hard Sell 2.55 Selling Power: The Admen and No 10 3.55 Close

ITV2

1.10 American Idol 2.10 Harry Hill's TV Burp 2.40 Film: The Grinch PG (2000) 4.45 Ant & Dec's Saturday Night Takeaway 6.00 The Passions of Girls Alone 7.05 Coleen's Real Women 8.05 The Planet's Funniest Animals 8.25 Film: The Mummy 12 (1999) 10.50 Al Murray's Happy Hour 11.55 Film: LA Story 15 (1991) 1.50 Entourage 2.20 The Office: An American Workplace 2.45 The Passions of Girls Alone 3.40

Emmerdale

Sky One

1.00 Bite Size Brainiac 1.15 Film: The Librarian: Return to King Solomon's Mines PG (2006) 3.00 Futurama 3.30 Futurama 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 Colour of Magic - The Making Of 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 50 Greatest Families 10.30 Britney - Spearheaded by the Paps 11.30 Law & Order 12.30 Nothing But the Truth 1.30 Weeds 2.05 Weeds 2.40 Road Wars 3.30 Road Wars 4.00 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold

1.20 Open All Hours 2.00 Only Fools and Horses 3.15 Only Fools and Horses 4.30 Film: Carry On Matron PG (1972) 6.10 The Thin Blue Line 6.50 Blackadder the Third 7.30 Morecambe and Wise - The Greatest Moment 9.00 Film: Die Hard with a Vengeance 15 (1995) 11.20 Film: Spider-Man 12 (2002) 1.40 Blackadder the Third 2.10 Friday Night with Jonathan Ross 3.05 Film: Columbo: Mind Over Mayhem PG (1974) 4.15 Open All Hours 4.45 Neighbours 5.10 Doctor Who

TCM

1.00 Our Mutual Friend 2.30 The Screening Room 3.00 High Society U (1956) 5.00 The Fabulous Baker Boys 15 (1989) 7.15 The Gang That Couldn't Shoot Straight PG (1971) 9.00 Dead Calm 15 (1988) 10.45 Sweet Bird of Youth 15 (1962) 12.50 Lolita 15 (1962) 3.20 Teleshopping 3.35 Kind Lady PG (1951) 5.00 Cimarron PG (1960) The Disney Channel Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.20 Madison PG (2001) 8.10 Little Man Tate PG (1991) 10.00 Bobby 15 (2006) 12.10 Madison PG (2001) With Jim Caviezel. 2.00 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 4.30 The Starter Wife 6.10 Little Man Tate PG (1991) With Jodie Foster. 8.00 Bobby 15 (2006) With Laurence Fishburne. 10.00 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 12.30 Jarhead 15 (2005) With Jake Gyllenhaal. 2.35 He Got Game 15 (1998) With Denzel Washington. 4.55 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.40 Milk 15 (1998) 8.20 The Pirates of Penzance U (1982) 10.20 Police Academy 6: City Under Siege PG (1989) 11.50 Cheaper By the Dozen 2 PG (2005) With Steve Martin. 1.40 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 3.15 Cheaper By the Dozen 2 PG (2005) With Steve Martin. 4.50 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 6.20 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 9.30 Bean 2 - Making Of 10.00 John Tucker Must Die 12 (2006) With Jesse Metcalfe. 11.35 Beeferfest 18 (2006) With Erik Stolhanske. 1.35 Horton Hears a Whol Special 2.05 Deep Dead Fred 12 (1991)

With Rik Mayall. 4.00 The Pirates of Penzance U (1982)

Sky Movies Action

6.15 Young Ivanhoe PG (1995) 8.00 Basilisk: The Serpent King 15 (2006) 9.35 The Black Dahlia 15 (2006) 11.50 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 3.00 Deja Vu 12 (2006) With Denzel Washington. 3.40 Basilisk: The Serpent King 15 (2006) With Jeremy London. 5.15 The Black Dahlia 15 (2006) With Josh Hartnett. 7.20 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.08mm 18 (1999) With Nicolas Cage. 1.15 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 3.00 Last Seduction II 18 (1997) With Joan Severance. 4.45 Young Ivanhoe PG (1995)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broadcast

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Test Cricket 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Tottenham Hotspur v Portsmouth (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Leeds United v Walsall (Kick-off 5.20pm). 7.25 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 You're on Sky Sports! 5.15 Champions League Weekly 5.45 Sky Sports Classics

Sky Sports 2

6.00 Champions League Weekly 6.30 Rugby Union 9.00 Live Rugby Union. A match from the Super 14 competition. 12.00 Test Cricket 2.00 Live Test Cricket. West Indies v Sri Lanka. 9.00 Live Test Cricket. New Zealand v England. 5.00 Sky Cricket Classic 5.30 World Sport

Sky Sports 3

6.00 Tight Lines 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Masters Tennis 10.30 WWE: Smackdown 12.30 WWE: Bottom Line 1.30 Masters Tennis 3.00 WWE:

Smackdown 5.00 WWE: Bottom Line 6.00 Live World Golf Championship. The CA Championship. 10.00 Live Masters Tennis. The ATP Pacific Life Open. 12.00 Snow Adventures 12.30 World Golf Championship 4.30 World Sport 5.00 Race World

British Eurosport

7.30 Eurogoals 7.45 Swimming 9.15 Diving 9.30 Diving 10.30 WTA Tennis 12.00 Live Figure Skating. The World Championships. 4.00 Cycling 5.15 Live Swimming. The European Long Course Championships. 7.00 Diving 8.00 Live French Rugby. Stade Francais v Toulouse (Kick-off 8.00pm). 9.30 Figure Skating 10.45 Diving 11.15 Cycling 12.30 Cycling 1.00 Close

Sky Sports Xtra

6.00 Super League 8.00 NFL: America's Game 9.00 World Golf Championship 1.00 NFL: Total Access 2.00 Max Power 3.00 World Sport 3.30 NFL: America's Game 4.30 NFL: Total Access 5.30 Masters Tennis 7.00 Live Spanish Football. A La Liga match. 9.00 Live Spanish Football. A La Liga match. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 Spanish Football 4.00 Max Power 5.00 Sports Unlimited

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BBC1

6.00 Breakfast. (T) 8.35 Match of the Day. (T) 10.00 Easter Service - Risen Today. (T) 11.00 Uribi et Orbi. (T) 11.40 Countryfile. (T) 12.40 BBC News: Weather. (T) 12.45 EastEnders. (T) 2.15 The Passion. (R) (T) 4.40 LifeLine. (T) 4.50 Songs of Praise. (T)

5.25 BBC News; Regional News; Weather. (T)

5.50 Weakest Link Special. Nine Elvis impersonators face the wrath of Anne Robinson for a special edition of the general knowledge quiz - which of them will be the "one for the money"? (R) (T)

6.40 Antiques Roadshow. Another chance to see the team's trip to Melbourne and Sydney. (R) (T)

7.30 The Passion. Final part of Frank Deasy's dramatisation of the last few days of Christ's life on Earth. Calaphas becomes enraged when Pilate undermines his authority and allows Joseph of Aramathea to remove Jesus' body from the cross for burial. Fearing insubordination from the disciples, he sends two sentries to guard the tomb. However, when Mary Magdalene visits to pay her respects she finds the tomb empty. (T)

8.00 Lark Rise to Candleford. Final part of Bill Gallagher's adaptation of Flora Thompson's childhood memoirs. After a bitter argument, Dorcas and Sir Timothy share an intimate moment, and both must face the consequences when their friendship is placed in jeopardy. Laura confronts Philip with doubts about their relationship, and Caroline expresses anxiety that her husband might not return from sea in time for the birth. (T)

9.00 The No. 1 Ladies' Detective Agency. One-off drama adapted by Anthony Minghella and Richard Curtis from Alexander McCall Smith's best-selling novel. Jill Scott stars as the feisty Precious Ramotswe, who uses an inheritance from her father to set herself up as Botswana's first female private detective. Despite limited resources and disapproval from the local gossips, she is soon handling a variety of cases, including one involving a kidnapping. (T)

10.45BBC News; Weather. (T)

11.00FILM: Bringing Down the House (2003). Comedy, starring Steve Martin; (T) Weatherview.

12.50 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.50 Sign Zone: HOLBY City. (R) (T) 2.50 Sign Zone: Watchdog. (R) (T) 3.20 Sign Zone: To Buy or Not to Buy. (R) (T) 4.05 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.25 BB3B. (R) (T) 7.45 The Secret Show; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.20 Skunk Flu (R) (T) 8.30 Raven. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Fred Dibnah's World of Steam, Steel and Stone. (R) (T) 1.00 Figure Skating. (T) 2.30 Rugby Union. (T) 3.00 Coast. (T) 3.20 FILM: In Which We Serve (1942). Wartime drama, starring Noel Coward. (T) (bw) 5.10 Della. (R) (T) 5.40 Della. (R) (T) 6.10 My Life with Animals: Simon King. (T) 7.00 Cooking in the Danger Zone. The staple diets of people in Haiti and Mexico. 8.00 Top Gear. The team celebrate 40 years of British Leyland by attempting to boost the car manufacturer's reputation, and Jennifer Saunders is put in a Reasonably Priced Car. (R) (T) 9.00 Around the World in 80 Gardens. Monty Don tours the botanical oases of Northern Europe, from the floral splendour of Britain's Sissinghurst Castle to the plant life thriving 2000 miles north of the Arctic Circle. (T) 10.00 Match of the Day 2. Highlights of Manchester United v Liverpool and Chelsea v Arsenal. (T) 11.00 Last Man Standing. (T) 11.55 FILM: American Friends (1991). Light-hearted drama, starring Michael Palin. (R) (T) 1.30 BBC News 24. (T) 2.00 The Super League Show. (T) 2.50 Inside Sport. (R) (T) 3.30 Figure Skating. (T)

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 8.00 World Cup Skiing. 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: The Hollyoaks Music Show. (T) 1.00 T4: Vanity Lair. (T) 2.15 T4: Friends. (R) (T) 2.45 T4: Smallville. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Time Team. Roman and Iron Age coins found in a Lincolnshire field. (T) 5.45 The Secrets of the Twelve Disciples. (T) 7.45 Channel 4 News. (T) 8.00 Celebrity Wife Swap. Eighties pop star Sinitta takes on the role of dotting housewife when she trades places with Sandra, wife of former Coronation Street actor Bruce Jones. The Aftermath follows on E4. (T) 9.00 Willie's Wonky Chocolate Factory. The factory attempts to fill a large order. Last in series. (T) 10.00 FILM: Cellular (2004). Premiere. A teacher is kidnapped by vengeful criminals, but manages to make contact with the outside world via a telephone. Thriller, starring Kim Basinger and Jason Statham. (T) 11.45 Desperate Housewives. (R) (T) 12.45 My Street. (R) (T) 1.45 Family Brat Camp: What Happened Next. (R) (T) 2.45 Swimming. (T) 3.00 3 Minute Wonder: Raw Cuts: ID. (R) (T) 3.05 3 Minute Wonder: Raw Cuts: ID. (R) (T) 3.10 The Album Chart Show. (R) (T) 3.35 Wild Things. (R) (T) 4.20 Headland. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Angels of Jam. (R) (T) 6.30 Ebb and Flo. (R) (T) 6.35 Oswald. (R) (T) 6.50 Hi-5. (R) (T) 7.30 The Beeps. (R) (T) 7.45 Fireman Sam. (R) (T) 8.00 Rupert Bear. (R) (T) 8.10 Little Princess. (R) (T) 8.30 Hana's Helpline. (R) (T) 8.45 Roary the Racing Car. (R) (T) 9.00 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 It Pays to Watch Extra. (R) (T) 12.00 Polar Bear Adventures with Nigel Marvel. (R) (T) 12.50 FILM: The Slipper and the Rose (1976). Musical version of Cinderella, starring Richard Chamberlain. (T) 3.25 FILM: The Wizard of Oz (1939). Classic musical fantasy, starring Judy Garland. (T) 5.20 Five news and sport. (T) 5.35 FILM: Big Fish (2003). Premiere. Magical drama, starring Ewan McGregor. (T) 8.00 Screen Chasers. Two teams attempt to intercept and film a tornado from within its eye. Film-maker Sean Casey and research meteorologist Josh Wurman track the first storm of the season in Tulia, Texas, which ultimately ends up destroying the town. (R) (T) 9.00 FILM: Deuce Bigalow: European Gigolo (2005). Premiere. When his former manager gets into trouble with the authorities in Amsterdam, lover-for-hire Rob Schneider attempts to raise the legal fees. Comedy, with Eddie Griffin. (T) 10.35 FILM: Not Another Teen Movie (2001). Comedy, starring Chyler Leigh. (T) 12.10 Winter X Games. 12.45 A1 Grand Prix. 1.35 Boxing: Fight of the Week. 2.45 Race and Rally UK. 3.20 Motorsport Mundial. 3.45 NHRA Drag Racing. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 6.15 F1: Malaysian Grand Prix Live. From the Sepang International Circuit (Start-time 7.00am). (T) 9.00 GMTV. (T) 10.00 CITY: Jam & Sunny. (T) 10.15 Jim Jam & Sunny. (T) 10.30 Jim Jam & Sunny. (T) 10.45 Championship Goals. (T) 11.45 The Way We Worshipped. (R) (T) 12.15 FILM: Columbo: Ransom for a Dead Man (1971). Detective drama, starring Peter Falk. (T) 2.05 ITV News and Weather. (T) 2.10 London Today; Weather. (T) 2.15 Crocodile Hunter Diaries. (R) (T) 2.45 F1: Malaysian Grand Prix. (R) (T)

5.30 Dog Rescue. At the Manchester and Cheshire Dogs Home actress Sherrie Hewson judges a canine fancy dress show, while centre manager Colin hopes to rehome an animal on an idyllic island. In the Dog Trust at Herefield Adam rescues collie-cross pups that are just nine weeks old. (T)

6.00 London Tonight; Weather. (T)

6.15 ITV News and Weather. (T)

6.30 FILM: Ice Age (2002). A mismatched trio of prehistoric animals team up to return a human infant to its tribe. This animated adventure is huge fun for kids of all ages. With the voice of John Leguizamo. (R) (T)

8.00 Heartbeat. After Joe's uniform goes missing and the police station is broken into, Geoff admits his Panda car was stolen the day before. George suspects Derek Gorman, an old adversary, of deliberately stirring up trouble. Elsewhere, Rachel reassures a witness in a high profile case he is safe under her care, but a neighbour becomes suspicious of her visits. Continuing the series from January. (T)

9.00 He Kills Coppers. New three-part sequel to Jake Arnott's thriller The Long Firm, exploring how the consequences of one single act of brutality in Sixties gangland Soho reverberates across two decades. The fates of a detective, a journalist and a villain are inextricably linked when the 1966 summer of World Cup euphoria is shattered by the slaying of three policemen. Rafe Spall, Mel Raido and Steven Robertson star, with Maureen Lipman. (T)

10.00 ITV News and Weather. (T)

10.15 FILM: Ocean's Eleven (2001). George Clooney stars as an ex-convict determined to pull off a tricky casino robbery, aided and abetted by a host of famous faces. Slick and stylish crime caper, with Brad Pitt. (T)

12.20 F1: Malaysian Grand Prix Highlights. (T) 1.20 Something About Mary Magdalene. (R) (T) 1.20 News Headlines. 2.15 Dial a Mum. (R) (T) 2.50 Under One Roof. (R) (T) 3.15 Under One Roof. (R) (T) 3.40 People's Court. (R) (T) 4.35 ITV Nightscreen.

LOCAL

RTPI
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucaristia Dominicana 1000 Eucaristia Dominicana 1100 Equipados Para Matar 1200 AB Ciência 1230 Mr Bean 1300 News 1415 Ben Hur, film 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depoito do Adeus 0115 O Tutor

RTP2
0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onida Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC
0700 Floribella 0930 Os Bandidos 1000 Trazan Il. The Legend 1230 Oitavo Dia 1300 News 1400 Fame 1500 Ghost Whisperer 1600 The Underbitch, film 1800 Red Eye, film 2000 News 2130 Camilo em Sarilhos 2215 Duas Caras 2345 Aqui Não Há Quem Viva 0045 Entourage 0145 Amazônia 0230 Quando o Telefone Toca 0415 O Jogo

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top - 1530 Ciclismo: Tour of Frande 1630 Film TBA 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Film TBA 0500 Teleales

Best of the Rest

BBC3
7.00 Football Gaffes Galore 7.10 Film: Indiana Jones and the Temple of Doom PG (1984) 9.00 Gavin & Stacey 9.30 Pulling 10.00 The Things I Haven't Told You 10.55 Family Guy 11.20 Family Guy 11.40 Gavin & Stacey 12.10 Pulling 12.40 Find Me the Face 1.40 The Things I Haven't Told You 2.35 Freaky Eaters 3.30 Find Me the Face 4.30 Spendaholics 5.00 Close

BBC4
7.00 Dear Television 7.10 Hamish Macbeth 8.00 The Cult of Sunday Night 8.30 Sacred Music 10.00 Mad Men 10.45 The Curse of Steptoe 11.50 Mark Lawson Talks to Galton and Simpson 12.50 The Cult of Sunday Night 1.20 The Late Edition 1.50 Sacred Music 3.20 The Cult of Sunday Night 3.50 Close

ITV2
1.25 Film: The Mummy 12 (1999) 3.40 Coronation Street 6.00 American Idol 7.00 American Idol 8.00 American Idol 9.00 Supernatural 10.00 Bionic Woman 11.00 Film: Me, Myself and Irene 15 (2000) 1.05 Supernatural 2.05 Keith Lemon's Very Brilliant World Tour 2.35 Laura, Ben and Him 3.00 Teleshopping

Sky One
1.00 Project Catwalk 2.00 Project Catwalk

3.00 50 Greatest Families 5.00 The Simpsons 5.30 Terry Pratchett's The Colour of Magic 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Weeds 10.35 Wives 11.35 Wives 12.35 Road Wars 1.35 Road Wars 2.30 Ross Kemp on Gangs 3.25 Nothing but the Truth 4.20 America's Dumbest Criminals 4.45 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.45 Film: The Great Escape PG (1963) 5.00 Dancing with the Stars 6.30 Dancing with the Stars 8.00 Film: Spider-Man 12 (2002) 10.20 Film: Billy Elliot 15 (2000) 12.25 Only Fools and Horses 1.20 Friday Night with Jonathan Ross 2.30 Dallas 3.20 The Good Life 3.50 Film: Columbo: Publish or Perish PG (1974) 5.05 2point4 Children 5.35 Neighbours

TCM
1.00 Our Mutual Friend 2.30 The Screening Room 3.00 Singin' in the Rain U (1952) 4.55 Rhapsody U (1954) 7.00 Mrs Soffel PG (1984) 9.00 Sophie's Choice 15 (1982) 11.45 Victor/Victoria 12 (1982) 2.20 Teleshopping 2.40 The Hill PG (1965) 5.00 Edward My Son PG (1949)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
6.30 A Time to Decide PG (2000) 8.10 Undercover Angel PG (1998) 9.45 The White Countess PG (2005) 12.05 Sixty Six 12 (2006) With Gregg Sulkin. 1.45 Hope Floats PG (1998) With Sandra Bullock. 3.45 The Babe PG (1992) With John Goodman. 5.40 The White Countess PG (2005) With Ralph Fiennes. 8.00 Hope Floats PG (1998) With Sandra Bullock. 10.00 Sixty Six 12 (2006) With Gregg Sulkin. 11.40 Wilde 15 (1996) With Stephen Fry. 1.40 See Arnold Run 12 (2005) With Jurgin Prochnow. 3.10 The Edge 15 (1997) 5.10 A Time to Decide PG (2000)

Sky Movies Comedy
6.00 The Top 10 Show 6.20 Dr Dolittle 3 PG (2006) 7.55 Horton Hears a Whol Special 8.25 Grease 2 PG (1982) 12.15 Bean 2 - Making Of 12.45 Yours, Mine & Ours PG (2005) With Dennis Quaid. 2.25 Music and Lyrics PG (2007) With Hugh Grant. 4.10 The Pink Panther PG (2006) With Steve

Martin. 6.00 Grease PG (1978) With John Travolta. 8.00 Music and Lyrics PG (2007) With Hugh Grant. 10.00 Never Been Kissed 12 (1999) With Drew Barrymore. 12.00 White Men Can't Jump 15 (1992) With Woody Harrelson. 2.00 Jane Austen's Mafia! 12 (1998) With Jay Mohr. 3.30 Still Crazy 15 (1998) 5.10 The Pink Panther PG (2006)

Sky Movies Action
6.30 Speed 2: Cruise Control PG (1997) 8.50 Conspiracy Theory 15 (1997) 11.10 The Siege 15 (1998) With Denzel Washington. 1.10 The Sentinel 12 (2006) With Michael Douglas. 3.05 The Marine 15 (2006) With John Cena. 4.45 Conspiracy Theory 15 (1997) With Mel Gibson. 7.00 The Siege 15 (1998) With Denzel Washington. 9.00 The Sentinel 12 (2006) With Michael Douglas. 10.50 Smokin' Aces 18 (2006) With Jeremy Piven. 12.40 The Marine 15 (2006) With John Cena. 2.25 Lucky Number Slewin 18 (2006) With Josh Hartnett. 4.30 Speed 2: Cruise Control PG (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Spanish Football 8.00 Test Cricket 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday, Manchester United v Liverpool (Kick-off 1.30pm). 3.30 Live Super Sunday, Chelsea v Arsenal (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Test Cricket. West Indies v Sri Lanka. 9.00 Live Test Cricket. New Zealand v England. 5.00 Sky Cricket Classic 5.30 Wild Spirits

Sky Sports 2
6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 World Golf Championship 2.00 Snook Adventures 2.30 Wild Spirits 3.00 Test Cricket 5.00 WWE: Experience 6.00 WWE: Heat 7.00 Live World Golf Championship. The CA Championship. 11.00 Football Special 12.30 Super Sunday: The Last Word 1.00 Spanish Football 3.00 Close

Sky Sports 3
6.00 Watersports World 7.00 Squash 8.00 Squash 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Racing News 11.30 Seamaster Sailing 12.00 Test Cricket 2.00

Live Test Cricket. West Indies v Sri Lanka. 7.00 Seamaster Sailing 7.30 Masters Tennis 9.00 Live Masters Tennis. The ATP Pacific Life Open final. 11.30 Seamaster Sailing 12.00 World Golf Championship 4.00 Close

British Eurosport
7.30 Diving 8.00 Swimming 9.00 Curling 11.00 Diving 11.45 Diving 12.30 Swimming 1.30 Figure Skating 2.30 Live Figure Skating. The World Championships. 5.00 Live Swimming. The European Long Course Championships. 7.15 Live WTA Tennis. The Pacific Life Open final. 9.00 Diving 9.45 Diving 10.30 Curling 12.30 Close

Sky Sports Xtra
6.00 Wild Spirits 6.30 NFL: Total Access 7.30 Max Power 8.30 Masters Tennis 10.00 Squash 11.00 Squash 12.00 Watersports World 1.00 Masters Tennis 2.30 Watersports World 3.30 Max Power 4.30 Masters Tennis 6.00 Live Spanish Football. A La Liga match. 8.00 Live Spanish Football. A La Liga match. 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Squash 1.00 Squash 2.00 Masters Tennis 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.00 To Buy or Not to Buy. (R) (T) 9.45 Living in the Sun. (T) 10.45 Homes Under the Hammer. (T) 11.15 Cash in the Attic. (T) 12.00 Bargain Hunt. (R) (T) 12.45 BBC News; Weather. (T) 1.00 Regional News; Weather. (T) 1.10 EastEnders. (T) 2.10 FILM: Five Children and It (2004). Children's adventure, starring Kenneth Branagh. (T) 3.30 FILM: The Princess Diaries (2001). Family comedy, starring Julie Andrews. (T)

5.20 BBC News; Weather; Regional News. (T) 5.40 FILM: Chicken Run (2000). Smash-hit animation, with the voice of Mel Gibson. (T) 7.00 The ONE Show. (T)

7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T) BBC News; Regional News. (T)

8.00 EastEnders. Tanya and Sean face the reality of their actions as Max makes a last attempt to communicate his plight. Back on the Square Stacey realises something serious has occurred and questions her brother, but when he denies any wrongdoing she barges into the Brannings' house to confront a guilty Tanya. (T)

8.30 FILM: Catch Me If You Can (2002). Steven Spielberg's light-hearted drama telling the true story of Frank Abagnale Jnr, who conned and charmed his way across America. Leonardo DiCaprio and Tom Hanks star. (T) 10.45 BBC News; Regional News; Weather.

11.00 Damages. Ellen refuses Patty's invitation to return to work, but agrees to press George Moore for additional information that could help convict Frobrisher. However, Moore is shot dead before he's able to reveal anything. Lila Demeo continues to stalk David and Ellen. Legal drama, starring Glenn Close and Rose Byrne. (T)

11.45 FILM: It Runs in the Family (2003). Drama, starring Kirk and Michael Douglas. (T) Springwatch Weatherview.

1.35 Sign Zone: Surviving Suicide. (R) (T) 2.30 Sign Zone: Richard the Lionheart. (R) (T) 3.30 Sign Zone: To Buy or Not to Buy. (R) (T) 4.15 BBC News 24. (T)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround. (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. 9.30 Get Squiggling. (R) (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 FILM: Darby O'Gill and the Little People (1959). Disney fantasy, starring Sean Connery. (T) 12.00 Animal Park. (T) 12.45 FILM: 3:10 to Yuma (1957). Western, with Glenn Ford. (T) (bw) 2.15 Recipe for Success. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Wainwright Walks. (R) (T) 7.00 As Time Goes By. Judith makes plans for a country wedding. (R) (T) 7.30 Mastermind. The Grand Final, from Glasgow Caledonian University. Last in series. (T) 8.30 Delia. Cookery expert Delia Smith presents ideas for using frozen food, with recipes for hummus made from ready-cooked chickpeas and scallops straight from the freezer to the grill. (T) 9.00 Alternative Therapies. The science behind reflexology. (T) 10.00 Top Ground Gear Force. The Top Gear presenters undertake a horticultural challenge. (R) (T) 10.30 Sport Relief Does The Apprentice. (R) (T) 11.55 FILM: Silkwood (1983). Fact-based drama, starring Meryl Streep. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Fifth Gear (five, 8pm)

Tiff Needell and the rest of the Fifth Gear presenters have great fun in this series finale, which makes the wait for series 14 all the harder to bear. To end the series in style, Tiff and Jason Plato go head-to-head in what has been described as Fifth Gear's toughest challenge to date. The lads get behind the wheel of the new Renault Clio Cup to undertake a series of stunt-driving tests that will push them harder than ever before. Meanwhile, Jonny Smith travels to Switzerland to attend the glitzy Geneva Motor Show. Jonny's face lights up as he casts his eyes over millions of pounds worth of high-performance sports cars, with the likes of Lamborghini, Alfa Romeo and Bugatti unveiling new models. Later, Tiff chalks up a television first when he test drives the Subaru Impreza WRX Sti, which, despite only costing £25,000, has a lot more oomph than other high-performance vehicles that cost twice as much. Elsewhere, Tom Ford gets to grips with the Hummer H3, which is often the car of choice for mountain-rescue teams.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.25 Will & Grace. (R) (T) 9.55 Friends. (R) (T) 10.25 Hollyoaks Music Show. (R) (T) 11.00 Friends. (R) (T) 11.30 Eating for Britain. (T) 11.40 FILM: The Longest Day (1962). World War Two adventure, starring Richard Burton. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.20 FILM: Addams Family Values (1993). Enjoyable black comedy sequel, starring Anjelica Huston and Raul Julia as the spooky spouses who this time make a terrible mistake by hiring a psychotic new nanny. (T) 9.00 Bear Grylls: Mission Everest. Feature-length documentary following the attempt by adventurer Bear Grylls and his friend Gil Corrado to fly paramotors - filmy paraglider chutes powered by a backpack engine - over Mount Everest. The duo face problems with the construction of a machine adequate to the task, and the cold realities of travel at such vertiginous altitudes - with temperatures of 40C below zero and a perilous lack of oxygen. (T) 10.35 FILM: The Passion of the Christ (2004). Controversial religious drama, starring Jim Caviezel. 1.00 FILM: Life Is Beautiful (1997). Bittersweet drama, starring Roberto Benigni. 3.05 World Cup Skiing. 5.05 Headland. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fill and the Flawberts. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 Rough Guide to Eco Escapes. (R) (T) 9.30 Build a New Life in the Country - Was It Worth It? (R) (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Zoo Days. (R) (T) 1.15 FILM: The Wind in the Willows (1996). Classic tale, starring Terry Jones. (T) 2.55 five news update. 3.00 FILM: Ben-Hur (1959). Oscar-winning epic. Charlton Heston stars. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? Presenter Robert Llewellyn discovers how car airbags work, looks at the logistics of Internet shopping and visits the largest car shredder in the world; (T) 7.30 five news update. (T) 8.00 Fifth Gear. Featuring the Subaru Impreza WRX Sti. Last in series; (T) 8.00 five news at 9. 9.00 Breaking into Tesco. Cooks create dishes suitable for the supermarket. (T) 10.00 Shops, Robbers & Videotape. Part two of two. The use of surveillance cameras. (T) 11.05 FILM: Flatliners (1990). Thriller, starring Julia Roberts. (T) 1.10 US PGA Golf. 2.05 Winter X Games. 3.00 NBA 360. 3.35 Arenacross. 4.20 French Football - Le Championnat. 5.10 Wildlife SOS. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 Dickinson's Real Deal. (R) (T) 11.30 Dickinson's Real Deal. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T) 6.15 ITV Evening News; Weather. (T)

6.30 You've Been Framed! Harry Hill narrates another selection of home-video howlers sent in by viewers, including a dog's encounter with a shark, and a painful accident involving barbed wire. The comedian also reveals what Chris Tarrant thinks about during the tense pauses on Who Wants to Be a Millionaire? (R) (T)

7.00 Emmerdale. Katie and Gray leave the sex of the baby, but Perdy is furious when she finds out. Viv and Bob report Freddie to the police and Debbie goes behind Andy's back to see Sarah. (T)

7.30 Coronation Street. Leanne considers taking drastic measures to resolve her problems with the restaurant. Tina and David struggle with the burden of their deceit and Fizz meets Chesney's social worker. (T)

8.00 Heathrow and the Village that Fought Back: The London Programme. Sipsen residents reveal how they plan to fight proposals to expand Heathrow airport, which will lead to the village being wiped off the map if they go ahead. (T)

8.30 Coronation Street. Dan is incredulous when Leanne reveals her plans and says she'll get Paul to do her dirty work. Fizz moves into No 5, but Kirk soon puts a damper on things. Meanwhile, the hospital visit leaves David and Tina uneasy about the fine line they're treading and Becky celebrates becoming Roy's new lodger. (T)

9.00 The Fixer. Lenny sets out to put the brakes on the underworld ambitions of Eastern European gangster Tarek Sokoli, but his plan backfires spectacularly as the mobster begins a swift, merciless round of retribution. When Rose is abducted by the criminal, Mercer is called into action to rescue the situation. Drama, starring Peter Mullan, Andrew Buchan, Tamzin Outhwaite and Pedja Bjelac. (T)

10.00 News at Ten and Weather; Weather. (T) 10.15 FILM: The World Is Not Enough (1999). Pierce Brosnan returns for his third outing as James Bond, this time trying to suppress an international power struggle threatening the world's oil supply. Robert Carlyle co-stars. (T)

12.35 UEFA Champions League Weekly. (T) 1.05 Nightwatch with Steve Scott Crime. (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 Make Me Perfect. (R) (T) 3.30 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800
Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0045 The Postman Always Rings Twice, film 0400
Telesele 0605 Nôis

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Frontiers 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Sêis Graus 2330 Bastidores 0030 Noites 0115 Universidades 0445 Discovery Hour 0245 Diga Lá Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desejo Proibido 0115 Eterna Magia 1545 Contato 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistirei 0030 CSI Miami 0130 Rescure Me 0330 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganhar 0345 Film TBA 0530 Telesele

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 The Real Hustle 8.30 The Real Hustle Las Vegas 9.00 The Mighty Boosh - A Journey Through Time and Space 10.30 EastEnders 10.30 Gavin & Stacey 11.00 Pulling 11.30 Upstaged 12.00 Family Guy 12.20 The Mighty Boosh - A Journey Through Time and Space 1.20 Gavin & Stacey 1.50 Pulling 2.20 The Real Hustle Las Vegas 2.50 The Real Hustle 3.20 Dog Borstal 4.15 Spenhaholics 4.45 Close

BBC4
7.00 Face to Face 7.30 The Cult of Sunday Night 8.00 Up Pompeii 8.30 The Book Quiz 9.00 The Frost Report Is Back! 11.00 The Book Quiz 11.30 Arena: Ken Dodd - Happiness 12.30 The Cult of Sunday Night 1.00 The Frost Report Is Back! 3.00 The Cult of Sunday Night 3.30 The Book Quiz 4.00 Close

ITV2
1.10 Coronation Street 1.40 Coronation Street 2.10 Emmerdale 2.40 The Jeremy Kyle Show 3.45 The Jeremy Kyle Show 4.50 Ricki Lake 5.35 Judge Judy 6.00 Film: Peter Pan PG (2003) 8.00 Harry Hill's TV Burp 8.30 Airline 9.00 The Passions of Girls Aloud 10.00 Film: Me, Myself and Irene 15 (2000) 12.15 Coronation Street 12.45 Coronation Street 1.15 Keith Lemon's Very Brilliant World Tour 1.45 Laura, Ben and Him 2.15 Comedy Cuts 2.45 Teleshopping 5.45 ITV2 Nightscreen

Sky One
1.00 Colour of Magic - The

Making Of 2.00 Malcolm in the Middle 2.30 Malcolm in the Middle 3.00 Bite Size Brainiac 3.05 Film: Mrs Doubtfire PG (1993) 5.30 The Simpsons 6.00 Terry Pratchett's The Colour of Magic 8.00 Film: Stargate - Ark of Truth 12 (2008) 10.00 Road Wars 11.00 Road Wars 12.00 Stargate SG-1 12.50 Stargate SG-1 1.50 Gold Case 2.45 Deadwood 3.55 Dream Team 4.50 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.20 My Family Christmas Special 2.30 Film: Babe U (1995) 4.15 My Family Christmas Special 5.20 The Vicar of Dibley 6.15 Only Fools and Horses 8.10 The Vicar of Dibley 9.00 Film: Billy Elliot 15 (2000) 11.00 Only Fools and Horses 1.10 The Vicar of Dibley 1.55 Friday Night with Jonathan Ross 3.00 Friday Night with Jonathan Ross 4.00 Film: Columbo: Lovely But Lethal PG (1973) 5.15 Neighbours 5.35 Neighbours

TCM
1.00 Adam Bede PG (1991) 3.00 Easter Parade U (1948) 4.45 Northwest Passage PG (1940) 7.00 The Last Time I Saw Paris PG (1954) 9.00 The Color Purple 15 (1985) 11.50 Wild Rovers 15 (1971) 2.25 Teleshopping 2.40 Mutiny on the Bounty PG (1935) 5.00 Crest of the Wave U (1954)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Jump In! U (2007) Drama, starring Corbin Bleu.

MOVIES

Sky Movies Drama

6.45 Digitty's Treasure PG (2001) 8.30 Starman PG (1984) 10.30 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) 12.55 Little Children 15 (2006) With Kate Winslet. 3.15 The Top 10 Show 3.35 Starman PG (1984) With Jeff Bridges. 5.35 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) With Tilda Swinton. 8.00 Little Children 15 (2006) With Kate Winslet. 10.20 Disclosure 18 (1994) With Michael Douglas. 12.30 North Dallas Forty 18 (1979) With Nick Nolte. 2.35 Drama Close Up 3.05 Swindle 15 (2002) 5.00 Love Letters PG (1999)

Sky Movies Comedy

6.55 Nina's Heavenly Delights PG (2006) 8.35 Bean 2 - Making Of 9.05 Wallace and Gromit in The Curse of the Were-Rabbit U (2005) 10.35 Three Amigos! PG (1986) 12.20 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 2.30 The Devil Wears Prada PG (2006) With Meryl Streep. 4.20 Wallace and Gromit in The Curse of the Were-Rabbit U (2005) With Peter Sallis. 5.50 Maverick PG (1994) With Mel Gibson. 8.00 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 10.05 The Devil Wears Prada PG (2006) With Meryl Streep. 11.55 Rush Hour 12 (1998) With Jackie Chan. 1.40 Twin Town 18 (1997) With

Rhys Ifans. 3.25 Pecker 15 (1998) 4.55 Home Team PG (1998)

Sky Movies Action

6.50 Adrift 15 (2006) 8.30 Red Eye 12 (2005) 10.00 Casino Royale 12 (2006) 12.25 The Guardian 15 (2006) With Kevin Costner. 2.50 Adrift 15 (2006) With Eric Dane. 4.35 16 Blocks 12 (2006) With Bruce Willis. 6.35 Casino Royale 12 (2006) With Daniel Craig. 9.00 The Guardian 15 (2006) With Kevin Costner. 11.20 Fire Down Below 18 (1997) With Steven Seagal. 1.10 The Replacement Killers 18 (1998) With Chow Yun-Fat. 2.50 Salvador 18 (1986) With James Woods. 4.55 Angel Flight Down PG (1996)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broadcast

ing stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 Champions League Weekly 7.30 Test Cricket 9.30 Soccer AM: The Best Bits 10.30 Champions League Weekly 11.00 Test Cricket 1.00 Live Super League. Hull FC v Leeds Rhinos (Kick-off 1.00pm). 3.00 Soccer Special 5.30 Live Football League. Swansea City v Bristol Rovers (Kick-off 5.45pm). 8.00 Soccer AM: The Best Bits 9.00 Live Test Cricket. New Zealand v England. 5.00 Sky Cricket Classic 5.30 Champions League Weekly

Sky Sports 2

6.00 Max Power 7.00 Good Morning Sports Fans 9.00 World Golf Championship 1.00 Seamaster Sailing 1.30 Sports Adventure 2.00 Test Cricket 4.00 WWE: Raw 6.00 Live Golf. The Tavistock Cup. 11.00 Big League Weekend 12.30 Super League 2.30 Soccer AM: The Best Bits 3.30 Super League 5.30 Wild Spirits

Sky Sports 3

6.30 Seamaster Sailing 7.00 WWE: Bottom Line 8.00 Football Special 9.30 Super Sunday: The Last Word 10.00 Spanish Football 12.00 Masters Tennis 2.00 World Golf Championship 6.00 Snow Adventures 6.30 Wild Spirits 7.00 Test Cricket

9.00 Big League Weekend 10.30 Soccer AM: The Best Bits 11.30 Wild Spirits 12.00 WWE: Heat 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.15 Close

British Eurosport

7.30 Live Snooker. The China Open. 9.30 Olympic Torch Relay 10.30 Figure Skating 11.30 Live Snooker. The China Open. 2.30 Diving 3.00 Diving 3.30 Live Diving. The European Long Course Championships. 4.30 Road to Euro 2008 5.00 Eurogoals 5.15 Live Swimming. The European Long Course Championships. 7.00 Eurogoals 7.45 Snooker 9.00 Live Curling. USA v Germany. 11.00 Eurogoals 11.45 French Rugby 12.15 WATTS 12.30 Close

Sky Sports Xtra

8.00 Masters Tennis 10.00 Wild Spirits 10.30 Sports Adventure 11.00 Racing News 11.30 World Motor Sport 2.00 Live Test Cricket. West Indies v Sri Lanka. 9.00 Sports Adventure 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 World Motor Sport 2.30 Snow Adventures 3.00 Wild Spirits 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 The Inspector Lynley Mysteries. (R) (T) 3.15 BBC News; Weather; Regional News. (T) 3.20 CBeebies: Tommy Zoom. (R) (T) 3.30 CBBC: Raven. (T) 3.55 The Cramp Twins. (R) (T) 4.10 Best of Friends. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 EastEnders. Sean's disturbing behaviour makes

Tanya fear he could cause problems for her. Roxy is horrified at the thought of turning 30 and makes every effort to ignore the occasion, and Chelsea sets her sights on Jali when she realises he is not Shabnam's boyfriend. Ian starts a poster campaign to find Lucy. (T) BBC News; Regional News. (T) 8.00 Holby City. Maddy is rocked when she receives a call from Clifford, distracting her from her duties on AAU and causing her to make errors in surgery. Joseph is being suspiciously nice to Jac in the wake of her arrest - which upsets Faye, and Donna's attempts to get time alone with Michael go wrong when it imperils a potential organ donation. With guest stars Peter Polycarpou. (T)

9.00 Hotel Babylon. A movie is shot on location at the hotel, but the stars don't get on and it is Jack's job to keep both of them happy. Gino and Ben compete for the attentions of the director in a bid to be 'noticed', and Anna is preoccupied by thoughts of Charlie which do not go away even when Ned invites her to accompany him on a trip to New York. With guest stars John Barrowman, James Lance and Donna Air. (T) 10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 Crime Scene Conman. The story of Gene Morrison, who pretended to be a qualified forensic scientist, and was hired to investigate major crimes in his hometown of Hyde. After 20 years deceiving genuine experts and the justice system, he was eventually uncovered in 2007 and imprisoned for deception and perjury. (T) 11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring reaction to all the latest headlines and interviews with some of sport's biggest names. Plus, Steve Bruce and Tony Livesey also offer their opinions on recent stories. (T) 11.55 FILM: Faithful (1996). Black comedy, starring Cher. (T) Weatherview.

1.30 Sign Zone: See Hear. (R) (T) 2.00 Sign Zone: Tropic of Capricorn. (R) (T) 3.00 Sign Zone: Life in Cold Blood. (R) (T) 4.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (R) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (R) (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 FILM: Doctor at Sea (1955). Comedy, starring Dirk Bogarde. (T) 12.00 The Daily Politics. (T) 12.30 FILM: Wild River (1960). Drama, starring Montgomery Clift. (T) 2.15 Recipe for Success. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Torchwood. Gwen investigates the disappearance of a local teenager. (T) 7.50 Torchwood Declassified. Andy Pryor pays tribute to the show's guest stars. (R) (T) 8.00 An Island Parish. There's shock news about the islands' school. Last in series. (T) 8.30 Johnny's New Kingdom. Johnny is worried he has not seen badger cubs on his land. (T) 9.00 Horizon. How the human memory functions. Last in series. (T) 9.50 Coast. Nicholas Crane reaches the south coast. (T) 10.00 The Grumpy Guide to Teenagers. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.05 The Super League Show. (T) 12.55 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Who Wants to Be a Millionaire? (ITV1 Granada, 8pm)

There's no plot, the questions seem to have been plucked either from a Christmas cracker or the pages of the Mensa admission test, and even if the poor sweating fool in the hot-seat wins a million, they're not going to share it with you. But somehow, even after all these years, Millionaire remains compulsive viewing, even if the nagging suspicion remains that after his messy divorce, Chris Tarrant signs the cheques with slightly less vigour than he used. The most fun comes from watching the super-confident brainboxes start to falter when Chris is winding them up. Phrases like "final answer?" are now part of the public consciousness. So, do you want to phone a friend? Go 50/50? Are you sure? There really is nothing like watching somebody you've never met, phone somebody else you've never met, and ask them the answer to a question that they don't know the answer to. It may be hot under those studio lights, but the contestants are habitually perspiring themselves into a puddle long before they've reached the big money prizes. It's an hour of unashamed voyeurism, and we still love it.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Don't Make Me Angry. (R) (T) I've Got This Friend. (R) (T) 10.00 Make Me a Grown Up; (R) (T) Get Me the Producer. (R) (T) 10.30 Day I Got the Sack; (R) (T) Get Me the Producer. (R) (T) 11.00 The Underdogs; (R) (T) Get Me the Producer/3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 3 Minute Wonder: Raw Cuts: ID. (R) (T) 1.05 FILM: The Mudlark (1950). Drama, starring Alec Guinness. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: FourDots. One of the best short films from the last three months. (T) 8.00 A Place in the Sun Hotspots. A converted 15th-century French water mill. (T) 9.00 The Diets That Time Forgot. The volunteers suffer for their weight loss. (T) 10.00 Shameless. Karen, Jamie and Ian set Mandy up on a blind date, but when the night ends in disaster they find themselves faced with the task of disposing of a corpse in a wheelie bin. (T) 11.05 Dirty Sexy Money. (R) (T) 12.05 Premier League Poker. 1.00 Highlander Challenge. (R) (T) 2.00 Red Bull Air Race. (R) (T) 2.45 Triathlon. (R) 3.15 KOTV. (T) 3.45 Grudge Match. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Funky Town. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Roodbarb and Custard Too. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 Rough Guide to Weekend Breaks. (R) (T) 9.30 Build a New Life in the Country - Was It Worth It? (R) (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Cities. (R) (T) 3.00 FILM: Perry Mason: The Case of the Reckless Romeo (1992). Mystery, starring Raymond Burr. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. Vets try to help a lame racing whippet. Last in series; (T) 7.30 five news update. 8.00 Big, Bigger, Biggest. New series examining advances in engineering; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. Part one of two. A body is found at a Cirque du Soleil performance. (R) (T) 10.00 CSI: Miami. Natalia is suspected of murder. (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 3.40 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale: Boiling Point. Jo lets Debbie spend time with Sarah but when Andy's suspicions are roused and the truth is revealed his anger boils over and he hits his wife. Gray tells Katie he intends on filing a restraining order against Percy who, after her release from the police station, decides to leave town for a while. Daz and Scarlet prepare for their date but things turn awkward when Jimmy insists on chaperoning. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.00 Cops with Cameras. Fly-on-the-wall insight into police work, in which viewers "accompany" officers on the front-line - via the medium of miniature cameras. Police grapple with a suspected drug dealer when a raid turns violent and a wanted burglar is pursued on foot in Oldham. A series of hair-raising car chases ensues in Belfast, while in London a burly Ukrainian breaks down in tears when he's arrested for being drunk and disorderly. (T)

10.00 News at Ten and Weather; Weather. (T) 10.35 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (R) (T)

11.05 Soundtrack to My Life. Singer-songwriter Alison Moyet talks about the trials and rewards of a career in pop and reveals her musical influences as well as her plans for the future. Cat Deeley presents.

11.35 Dexter. The Ice Truck Killer steps up his murder spree by leaving parts of his latest victim's body at sites relating to memories from Dexter's childhood. Rita takes drastic steps to deal with a barking dog, and Guerrero's hired thugs begin tailing Doakes. Crime drama, starring Michael C Hall and Julie Benz. (R) (T)

12.40 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 1.30 Loose Women. (R) 2.25 The Jeremy Kyle Show. (R) (T) 3.15 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Miúdo de 10 Anos?
0230 O Tutor 0400 Tele sales
0605 Nós
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra Ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé Dos Homens 1900
2010 1945 Zig Zag 2045
Freinds 2110 National
geographic 2200 News 2200
Greys Anatomy 2330
Sempre em Pé 0040 Noites
da 2 0115 Universidades
0145 Hora Discovery 0245
camara Clara 0355 2010
0535 Sociedade Civil 0605
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News
1415 Desejo Proibido 1415
Eterna Magia 1515
Contacto 1800 Sete
Pecados 1900 A Ganhar é
Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Resitirei 0030 Entre
Vidas 0130 Rescue Me 0230
Quando o Telefone Toca
TVI
0700 Diário Da Manha 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
0015 LA Confidential, film

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 The
Real Hustle 8.30 The Real
Hustle 9.00 Little Britain 9.30
Bizarre 9.00 EastEnders
12.30 Lily Allen and Friends
11.15 Upstaged 11.45 Family
Guy 12.05 Bizarre 9.12.35
The Real Hustle 1.05 The Real
Hustle 1.30 Lily Allen and
Friends 2.15 Dog Borstal 3.15
Spendaholics 3.45
Spendaholics 4.50 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Around the World in 80
Treasures 9.00 The Top of
the Form Story 10.00
Goodness Gracious Me 10.30
The Hard Sell 11.00 Up
Pompeii 11.30 A Year in Tibet
12.30 The Top of the Form
Story 1.30 Proms on Four
2007 3.25 The Top of the
Form Story 4.25 Close
ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Rock Royals 9.00 Bionic
Woman 10.00 Keith Lemon's
Very Brilliant World Tour 10.35
Laura, Ben and Him 11.05
Comedy Cuts 11.35 Film: The
Guru 15 (2002) 1.25
Teleshopping 4.25 ITV2
Nightscreen
Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00

The Simpsons 7.30 The
Simpsons 8.00 Stargate
Atlantis 9.00 Ross Kemp on
Gangs 10.00 Lost 11.00 Cold
Case 12.00 Stargate Atlantis
1.00 Road Wars 1.55 Las
Vegas 2.50 Cold Case 3.45
Deadwood 4.45 America's
Dumbest Criminals 5.10
Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 The Thin
Blue Line 3.40 My Family 4.20
Keeping Up Appearances 5.00
My Hero 5.40 The Thin Blue
Line 6.20 My Family 7.00 Open
All Hours 7.40 Porridge 8.20
One Foot in the Grave 9.00
The Vicar of Dibley 9.55 Only
Fools and Horses 11.00 The
Royle Family 11.40 The Vicar
of Dibley 12.35 Only Fools
and Horses 1.40 One Foot in
the Grave 2.15 Open All
Hours 2.45 Porridge 3.15
2point4 Children 3.45 As Time
Goes By 4.20 DIY SOS 4.50
The Bill 5.35 Neighbours
TCM
1.00 Mansfield Park 3.00 On
the Town U (1949) 4.45 Ice
Station Zebra U (1968) 7.20
Penelope U (1966) 9.00 Rebel
Without a Cause PG (1955)
11.00 Whose Life Is It
Anyway? 15 (1981) 1.05 Alex
in Wonderland 15 (1970) 3.00
Teleshopping 3.15 The Naked
Spur PG (1953) 5.00 The
Americanization of Emily PG
(1964)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film:
Halloweentown High PG
(2004) Spooky comedy
sequel, starring Kimberly J
Brown.

MOVIES

Sky Movies Drama

6.45 Joshua U (2002) 8.35
Washington Square PG (1997)
10.40 Soul Food 15 (1997)
12.40 The Top 10 Show 1.00
The Good Shepherd 15 (2006)
With Matt Damon. 3.50 Soul
Food 15 (1997) With Vanessa
L. Williams. 5.50 Drama Close
Up 6.20 Nurses on the Line:
The Crash of Flight 7 PG
(1993) With Lindsay Wagner.
8.00 The Good Shepherd 15
(2006) With Matt Damon.
10.50 Snow Falling on Cedars
15 (1999) With Ethan Hawke.
1.00 Amistad 15 (1997) With
Anthony Hopkins. 3.45 Mrs
Harris 15 (2005) 5.25 Nurses
on the Line: The Crash of
Flight 7 PG (1993)

Sky Movies Comedy

6.30 Boys Klub PG (2001)
8.10 A Touch of Larceny U
(1959) 9.50 Like Mike 2:
Streetball PG (2006) 11.35
Harold & Kumar Get the
Munchies 15 (2005) With John
Cho. 1.10 Mouse Hunt PG
(1997) With Nathan Lane. 2.50
The Shaggy Dog U (2006) With
Tim Allen. 4.30 Like Mike 2:
Streetball PG (2006) With

Jascha Washington. 6.15
Mouse Hunt PG (1997) With
Nathan Lane. 8.00 A Fish Called
Wanda 15 (1988) With John
Cleese. 10.00 Harold & Kumar
Get the Munchies 15 (2005)
With John Cho. 11.30 Bad
News Bears 12 (2005) With
Billy Bob Thornton. 1.30
Addicted to Love 15 (1997)
With Meg Ryan. 3.15 The Owl
and the Pussycat 15 (1970)
4.55 A Touch of Larceny U
(1959)

Sky Movies Action

6.30 Magic Kid 2 PG (1994)
8.05 The Fourth Angel 15 (2001)
9.45 Aeon Flux 15 (2005) 11.25
Miami Vice 15 (2006) With Colin
Farrell. 1.40 Magic Kid 2 PG
(1994) With Ted Jan Roberts.
3.20 Above Suspicion 15 (2000)
With Scott Bakula. 5.10 10.00
BC Close Up 5.40 The Fourth
Angel 15 (2001) With Jeremy
Irons. 7.20 Aeon Flux 15 (2005)
With Charlize Theron. 9.00 Body
Count 18 (1998) With David
Caruso. 10.30 Miami Vice 15
(2006) With Colin Farrell. 12.45
Kiss the Girls 18 (1997) With
Morgan Freeman. 2.55 Inferno
18 (1999) With Jean-Claude Van
Damme. 4.45 Volcano: Fire on
the Mountain PG (1997)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Soccer AM: The
Best Bits 7.00 Test
Cricket 9.00 Big
League Weekend 10.30
Test Cricket 12.30 Big
League Weekend 2.00
Test Cricket 4.00
Revista De La Liga
5.00 Test Cricket 7.00
Live International
Football. England
Under-21s v Poland
Under-21s (Kick-off
7.00pm). 9.00 Live
Test Cricket. New
Zealand v England.
5.00 Sky Cricket
Classic 5.30 Snow
Adventures

Sky Sports 2

6.00 Good Morning
Sports Fans 9.00 Golf
12.00 Super League
2.00 Golf 5.00 NFL:
Total Access 6.00 Live
Golf. The Tavistock
Cup. 11.00 Poker 1.00
International Football
3.00 Revista De La
Liga 4.00 Live Test
Cricket. India v South
Africa.

Sky Sports 3

6.00 Aerobics Oz Style
6.30 Snow Adventures
7.00 WWE: Afterburn
8.00 Super League
10.00 Soccer AM: The
Best Bits 11.00 Racing
News 11.30 Aerobics
Oz Style 12.00 Snow
Adventures 12.30
Sports Adventure 1.00
NFL: Total Access 2.00

Live Test Cricket.
West Indies v Sri
Lanka. 9.00 Revista
De La Liga 10.00 WWE
Special 12.00 NFL:
Total Access 1.00 Pool
2.00 WWE Special 4.00
Sports Unlimited 5.00
Close

British
Eurosport

7.30 Live Snooker. The
China Open. 9.30
Swimming 10.45
Eurogoals 11.30 Live
Snooker. The China
Open. 2.30
International Football
3.30 Live Curling.
Germany v Sweden.
5.00 Eurogoals 5.15
Live Curling. Germany
v Sweden. 6.30
Eurogoals 7.15 Live
Boxing. Vyacheslav
Senchenko vs Stuart
Elwell. 9.15 Live
Curling. Sweden v
Italy. 11.00 Snooker
12.00 Road to Euro
2008 12.30 Close

Sky Sports Xtra

2.00 World Motor Sport
4.30 WWE: Smackdown
7.30 Live Greyhound
Racing. The Pall Mall
Final. 10.00 Sports
Unlimited 11.00 Snow
Adventures 11.30
Sports Adventure
12.00 Squash 1.00
Squash 2.00 Snow
Adventures 2.30
Sports Adventure 3.00
Close



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See page 42

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 The Inspector Lynley Mysteries. (R) (T) 3.15 BBC News; Weather; Regional News. (T) 3.20 CBeebies: Tommy Zoom. (R) (T) 3.30 CBBC: Raven. (R) (T) 4.00 Thumbs Wrestling Federation: TWFF. (R) (T) 4.05 Whizz Whizz Bang Bang. (R) (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 My Family. Michael goes on a military cadet weekend, leaving Susan to brood over an empty house. Ben clears the loft of Jane's belongings, but accidentally discards a valuable item; (R) (T) BBC News; Regional News. (T)

8.00 Motorway Cops - A Traffic Cops Special. Police deal with a high-speed crash in Cheshire, a lorry on fire in northern Lincolnshire and foreign drivers without licences or insurance on the M6. Jamie Theakston narrates. (T)

9.00 The Apprentice. New series. Business-based reality show in which 16 entrepreneurs battle to win a job with multimillionaire Alan Sugar and learn how to make it in the commercial world. The candidates are put into male and female teams and observed by aides Margaret Mountford and Nick Hewer respectively. Their first challenge is to sell two van-load of fresh fish before their deadline of 7pm that evening. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Mylene Klass announces the all-important numbers. (T)

10.40 Match of the Day. France v England. Gary Lineker introduces highlights of the friendly at the Stade de France, where Fabio Capello is aiming to continue his winning start as England coach. Capello guided his side to victory over Switzerland last month but faces a much tougher test here against the World Cup runners-up. This is the first meeting between the sides since England's agonising late defeat in Euro 2004, and the likes of Wayne Rooney, Frank Lampard and Steven Gerrard will want to banish those memories, should they be selected. With analysis from Alan Hansen and Alan Shearer. (T) National Lottery Update.

11.25 FILM: The Statement (2003). Thriller, starring Michael Caine; (T) Weatherview.

1.25 Sign Zone: The Great British Shares Swindle. (R) (T) 1.55 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: The Choir - Boys Don't Sing. (R) (T) 3.45 Sign Zone: An Island Parish. (R) (T) 4.15 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (R) (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 What the Ancients Did for Us. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Lifeline. (R) (T) 1.40 Coast. (T) 1.45 Animal Park. (T) 2.15 Recipe for Success. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Cycling. The World Track Championships. Jill Douglas presents coverage of the opening day's races at the Manchester Velodrome, including the final of the men's individual pursuit. (T) 8.00 Natural World. Two elephant calves' struggle for survival. (T) 8.50 Bat Women of Panama. A group of women gather to uncover a Panamanian island's secrets. (T) 9.00 The Secret Peacemaker. A man who worked to bring the UK Government and IRA together for peace talks. (T) 10.00 The Apprentice: You're Fired! (T) 10.30 Newsnight; Weather. (T) 11.20 Desi DNA. (T) 11.50 Indian School: BBC Four on BBC Two. (T) 12.20 Cycling. (T) 1.00 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Apprentice (BBC1, 9pm)

Anyone who has endured the nerve-wracking hell that is a job interview will sympathise with the latest crop of hopefuls taking part in this new series. Under normal circumstances, prospective applicants would just fill out a form, send in their CV and hope they passed muster during a face-to-face chat. But viewers gripped by the previous three series of this reality show know that would be far, far too easy for the candidates desperate to land a job with self-made tycoon Alan Sugar. He's the man who went from barrow boy to mastermind behind computer company Amstrad, and in recent years has moved into property speculation. The entrepreneur is reputed to be worth around £800million - making him the ideal role model for anyone wanting to learn more about the cut-throat business industry. But first, they'll have to jump through more than a few hoops. Over the next few weeks, the ambitious group will be split into teams and presented with a series of challenges designed to test their skills and abilities to the limit - and expose any weaknesses. Who will follow in the footsteps of 2007 winner Simon Ambrose and become the new apprentice, and who will hear those immortal words: 'You're fired?' Well, you'll have to wait a few months to find out, but be warned: this show can be very addictive, so cancel any impending Wednesday night arrangements, settle back and prepare to be gripped.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Don't Make Me Angry; (R) (T) I've Got This Friend. (R) (T) 10.00 Make Me a Grown Up; (R) (T) Get Me the Producer. (R) (T) 10.30 Day I Got the Sack; (R) (T) Get Me the Producer. (R) (T) 11.00 The Underdogs; (R) (T) Get Me the Producer/3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 FILM: The Quiller Memorandum (1966). Espionage thriller, starring Alec Guinness. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: FourDogs. One of the best short films from the past three months. (T) 8.00 Relocation, Relocation. Kirstie Allsopp and Phil Spencer help an opera singer and his partner look for properties in London and Paris. However, they get a shock when they learn what they can afford. (R) (T) 9.00 Grand Designs Revisited. A couple who built an earth-sheltered home in Cumbria. (T) 10.00 Desperate Housewives. New series. Carlos finds Edie hanging in the living room. (T) 11.05 Shameless. (R) (T) 12.10 FILM: Dhoom 2 (2006). Premiere. Thriller, starring Abhishek Bachchan. (T) 3.00 The Bypass. (R) (T) 3.20 The Forgotten Famine. (R) (T) (bw) 4.20 Headland. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fill and the Flowerfots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Roobarb and Custard Too. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 Rough Guide to Hidden Gems. (R) (T) 9.30 Build a New Life in the Country - Was It Worth It? (R) (T) 10.30 Trisha Goddard. (R) (T) 11.00 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Beaches. (R) (T) 3.05 five news update. (T) 3.10 FILM: Vinegar Hill (2005). Drama, starring Mary-Louise Parker. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Money-saving advice with Martin Lewis; (T) 7.30 five news update. (T) 8.00 Storm Chasers. The team leaders have a difference of opinion; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Man with No Face. A man with a large facial tumour. (T) 10.00 FILM: Replicant (2001). A cop on the hunt for a pyromaniac serial killer teams up with a clone of his intended prey - but the double proves to be unpredictable. Thriller, starring Jean-Claude Van Damme. (T) 11.55 Pop. 1.25 NHL Ice Hockey. 4.20 World Supercross Championship. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Shadrach reveals a secret to Laurel after meeting her by Daniel's grave. Jo explains away her bruise to Val, while a guilt-ridden Andy suggests he and his wife start anew with a belated wedding celebration. In the wake of Percy's departure Katie and Gray feel they can go public as a couple. (T)

7.30 Coronation Street. Fizz despairs of Kirk and tells Maria he will have to move out. David assures Gail he will look after her when she's discharged and Roy feels the strain of having Becky as a lodger. (T)

8.00 The Bill. Part one of two. Thirteen-year-old Jenny Watson attempts to commit suicide after being raped by a stranger who groomed her on the Internet and CID are shocked to learn her best friend Sharen has disappeared after arranging to meet the same man. DI Phil Ashley of the Child Exploitation and Online Protection squad pursues the lead and uncovers a paedophile network in operation. Concludes tomorrow. (T)

9.00 Rock Rivals. Mal and Karina visit New York in an attempt to sell the show, leaving Pete to take care of Ocean - who uses her parents' absence as an excuse to organise a wild party at the Faith mansion. Dana becomes an overnight internet success with her heart-felt rendition of Suicide Bride, and Lynette approaches the tabloid Press, offering to sell the inside story of daughter Bethany's life as a contestant. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Dexter. One of the Ice Truck Killer's victims is found alive, providing the team with their first real breakthrough in the case. Meanwhile, Dexter begins stalking a human trafficker. (T)

11.45 Benidorm. The Garveys have a trip to the beach, where a cash-strapped Mick falls victim to a con, and later receives even worse news from a mystery photographer. Martin tells Kate he thinks her fling with Mateo has lived up to their relationship, and the Oracle decides it's time he stopped going on holiday with his mum. A new series begins on Friday. (R) (T)

12.10 Benidorm Unpacked. (R) (T) 12.40 Nightwatch with Steve Scott: Crime. (T) 1.30 Quincy ME: (R) ITV News Headlines. 2.25 Loose Women. (R) 3.15 The Jeremy Kyle Show. (R) (T) 4.10 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1715
Football: Portugal v Bulgaria
1905 Football: Portugal v
Grecia 2000 News 0045 Bitter
Moon, film 0400 Teleales
0605 Nôis

RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
ao Mar 1615 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 0315 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eterna
Magia 1530 Contacto 1800 Sete
Pecados 1900 A Ganhar é que
A Gente se Entende 2000 News
0445 Sporting V Basileia 2215
Duas Caras 2330 Restreiros 0030
CSI Miami 0130 Rescue Me
0230 Quando O telefone Toca
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Açúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu e Eu 0015 The Chacal,
film 0230 Toca a Ganhar 0345
TVI Negócios 0400 O Portecor
IV 0500 Teleales

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Don't
Tell the Bride 9.00 Freaky
Eaters 10.00 Should I Smoke
Dope? 10.50 Little Britain
11.25 Upstaged 11.55 Family
Guy 12.20 Freaky Eaters 1.15
Don't Tell the Bride 2.15 Dog
Borstal 3.15 Should I Smoke
Dope? 4.00 Spendaholics 4.35
The Real Hustle 4.50 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Joyce Grenfell: Comedy with
Breeding 9.00 Hancock & Joan
10.30 The Late Edition Live
11.00 Mark Lawson Talks to
George Cole 12.00 Hancock &
Joan 1.25 The Late Edition
1.55 Joyce Grenfell: Comedy
with Breeding 2.55 Mark
Lawson Talks to George Cole
3.55 Close

ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Judge Judy 7.00
Smallville 8.00 Coleen's Real
Women 9.00 Ghosthunting
with I'm a Celebrity 11.00 Film:
The Guru 15 (2002) 12.50
Coronation Street 1.20
Generation Xcess 2.15
Teleshopping 5.15 ITV2
Nightscreen

Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm
in the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 Film: Stargate - Ark of

Truth 12 (2008) 10.00 50
Greatest Families 12.00
Stargate Atlantis 1.00 Road
Wars 1.55 Las Vegas 2.50
Cold Case 3.45 Deadwood 4.45
America's Dumbest Criminals
5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 The Thin
Blue Line 3.40 My Family 4.20
Keeping Up Appearances 5.00
My Hero 5.40 The Thin Blue
Line 6.20 My Family 7.00 New
Tricks 8.00 New Tricks 9.00
Jonathan Creek 10.05 Only
Fools and Horses 11.40 The
Vicar of Dibley 12.45 Jonathan
Creek 1.55 Friday Night with
Jonathan Ross 3.00 Blessed
3.30 As Time Goes By 4.00
Close Up 4.10 The Bill 5.05
EastEnders 5.35 Neighbours
TCM
1.00 Gaslight PG (1944) 3.00
Rebel Without a Cause PG
(1955) 5.00 The Sunshine Boys
PG (1975) 7.00 Please Don't
Eat the Daisies U (1960) 9.00
Get Carter 18 (1971) 11.05
Brainstorm 15 (1983) 1.00
Shaft in Africa 18 (1973) 2.45
Teleshopping 3.00 The Miniver
Story U (1950) 5.00 The
Yearling U (1946)

The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Return to
Hallowentown PG (2006)
Fantasy adventure, starring
Summer Bishill.

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MOVIES

Sky Movies Drama
7.05 Miss Lettie and Me U
(2002) 8.45 Between Love and
Honour PG (1995) 10.25 Ride
to Freedom: The Rosa Parks
Story PG (2001) 12.05 Miss
Lettie and Me U (2002) With
Mary Tyler Moore. 1.45 The
Top 10 Show 2.05 The Da
Vinci Code 12 (2006) With
Tom Hanks. 4.35 Ride to
Freedom: The Rosa Parks
Story PG (2001) With Angela
Bassett. 6.20 Between Love
and Honour PG (1995) With
Grant Show. 8.00 The Da Vinci
Code 12 (2006) With Tom
Hanks. 10.30 Tristan and
Isolde 12 (2005) With James
Franc. 12.40 Beloved 15
(1998) With Oprah Winfrey.
3.35 The Libertine 18 (2004)
5.35 Between Love and Honour
PG (1995)

Sky Movies Comedy
6.30 Two Much PG (1996)
8.30 Comedy Close Up 9.00
City Slickers II: The Legend
of Curly's Gold 12 (1994) 11.00
You've Got Mail PG (1998)
With Tom Hanks. 1.00 Big
Nothing 15 (2006) With Simon
Pegg. 2.30 Little Man 12 (2006)
With Marlon Wayans. 4.10

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

She's the Man 12 (2006) With
Amanda Bynes. 6.00 You've
Got Mail PG (1998) With Tom
Hanks. 8.00 She's the Man
12 (2006) With Amanda
Bynes. 10.00 Little Man 12
(2006) With Marlon Wayans.
11.45 Big Nothing 15 (2006)
With Simon Pegg. 1.15 Bull
Durham 15 (1988) With Kevin
Costner. 3.05 Love at First
Bite 15 (1979) 4.50 Two Much
PG (1996)

Sky Movies Action
6.30 10,000 BC Close Up 7.00
Final Approach 8.45 Snake
Eyes 15 (1998) 10.40 The
Top 10 Show 11.00
Switchback 15 (1997) With
Dennis Quaid. 1.10 Last
Action Hero PG (1993) With
Arnold Schwarzenegger. 3.30
Final Approach 5.10 Snake
Eyes 15 (1998) With Nicolas
Cage. 7.05 Firewall 12 (2006)
With Harrison Ford. 9.00 Last
Action Hero PG (1993) With
Arnold Schwarzenegger.
11.15 Blow Out 18 (1981) With
John Travolta. 1.05 Robin
Hood PG (1990) With Patrick
Bergin. 2.50 Internal Affairs
18 (1990) With Richard Gere.
4.50 Point Last Seen PG
(1998)

SPORT

Sky Sports 1
6.00 Revista De La Liga 7.00
Test Cricket 9.00 Revista De
La Liga 10.00 Sports
Adventure 10.30 Test Cricket
12.30 International Football
2.30 Test Cricket 4.30 NFL:
Total Access 5.30 Live
International Football.
Scotland Under-21s v Finland
Under-21s (Kick-off 5.30pm).
7.30 Live International
Football. France v England
(Kick-off 8.00pm). 11.00
Boots 'n' All 12.00
International Football 1.00
FIFA Futbol Mundial 2.30 Total
Rugby 3.00 International
Football 4.00 International
Football 5.00 FIFA Futbol
Mundial 5.30 Snow
Adventures

Sky Sports 2
6.00 Live Test Cricket. India
v South Africa. 11.00 Sports
Adventure 11.30 Wild Spirits
12.00 Poker 2.00 Golf 5.00
European Tour Golf 6.00
Boots 'n' All 7.00 Total Rugby
7.30 Live International
Football. Scotland v Croatia
(Kick-off 8.00pm). 10.00
Transworld Sport 11.00 NFL:
Total Access 12.00 European
Tour Weekly 12.30 Total
Rugby 1.00 Boots 'n' All 2.00
European Tour Weekly 2.30
Sports Unlimited 3.30 Sports
Adventure 4.00 Live Test
Cricket. India v South Africa.

Sky Sports 3
6.00 Good Morning Sports
Fans 9.00 Golf 12.00 Sports
Unlimited 1.00 NFL: Total

Access 2.00 Live Test
Cricket. West Indies v Sri
Lanka. 9.00 Test Cricket
11.00 Test Cricket 12.30
European Tour Golf 1.30 Test
Cricket 3.00 Close

British Eurosport
7.30 Live Snooker. The China
Open. 9.30 Road to Euro 2008
10.00 Curling 11.30 Live
Snooker. The China Open.
2.30 WATTS 3.00 Road to
Euro 2008 3.30 International
Football 4.15 Cycling 5.15
Wednesday Selection 5.25
Riders Club 5.30 US Tour Golf
6.30 European Tour Golf 7.00
Golf Club 7.05 Yacht Club
7.10 Wednesday Selection
7.15 Live Cycling. The World
Track Championships. 10.00
Sport Destination 10.15
Snooker 11.15 International
Football 12.15 Sport
Destination 12.30 Close

Sky Sports Xtra
6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Heat 8.00 European Tour Golf
9.00 Snow Adventures 9.30
Wild Spirits 10.00 Pool 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 Squash 1.00
Squash 2.00 Pool 3.00 Sports
Unlimited 4.00 Snow
Adventures 4.30 WWE: Bottom
Line 5.30 WWE: Afterburn 6.30
European Tour Weekly 7.00
European Tour Golf 8.00 Boots
'n' All 9.00 Ten Pin Bowling
10.00 Watersports World
11.00 FIFA Futbol Mundial
11.30 Snow Adventures 12.00
Irish Greyhound Racing 12.30
Max Power 1.30 Watersports
World 2.30 Ten Pin Bowling
3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (T) 10.00 Living in the Sun; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 The Inspector Lynley Mysteries. (R) (T) 3.15 BBC News; Weather; Regional News. (T) 3.20 CBeebies: Tommy Zoom. (R) (T) 3.30 CBBC: Raven. (R) (T) 4.00 Thumb Wrestling Federation: TWFF. (R) (T) 4.05 Freetonix. (T) 4.30 Beat the Boss. (T) 5.00 Newsround Special. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Roxy's determined to ignore her 30th birthday, and incensed to discover her sister's party plans. Stacey convinces an angry Sean to stop lashing out at the world and regain control of his life. Libby is astonished at Chelsea's selfishness, and Ronnie keeps her relationship with Jack on business terms; (T) BBC News; Regional News. (T)

8.00 HollyBlue. Robert and Lucy discover a woman's body with her distraught two-year-old son crying next to her, and realise she is the latest victim of a batch of contaminated drugs that have already claimed three lives. The case strikes a chord with Robert, who visits his ex-girlfriend, hoping she will forgive his past mistakes and allow him to see his own child. Elaine Glover and Kieran O'Brien star. (T)

9.00 Ashes to Ashes. Alex realises there are just 24 hours until her parents die in a car bombing and chooses a horrified Ray to help her save them. Amid the chaos of a Gay Pride march, she arrests Tim and Caroline in the hope of keeping them safe, but with Lord Scarmen due to visit the station a nervous Gene releases all the prisoners, aiming to make a good impression. Last in series, with guest star Geoffrey Palmer. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Panorama. Gerry Norham reports on the UK's growing number of teenage girls being lured into the dangerous world of prostitution by ruthless gangs promising drugs and excitement, before forcing them to sell their bodies on the streets. (T)

11.10 This Week; (T) Weatherview.

12.00 Sign Zone: Johnny's New Kingdom. (R) (T) 12.30 Sign Zone: The Great War in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.00 Sign Zone: Lark Rise to Candleford. (R) (T) 2.00 Sign Zone: Bill Oddie's Wild Side. (R) (T) 2.30 Sign Zone: To Buy or Not to Buy. (R) (T) 3.15 Sign Zone: To Buy or Not to Buy. (R) (T) 4.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) 8.30 The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (R) (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 FILM: Up in the World (1956). Comedy, starring Norman Wisdom. (T) (bw) 12.00 The Daily Politics. (T) 12.30 Open Gardens. (R) (T) 1.00 Live Cycling. The World Track Championships. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Cycling. The World Track Championships. Jill Douglas presents the second evening's races at the Manchester Velodrome, including the finals of the women's team sprint and the men's team pursuit. (T) 8.00 10 Things You Didn't Know About Avalanches. The power of landslides. Last in series. (T) 9.00 That Mitchell and Webb Look. The UN declare war on Bill Oddie. Last in series. (T) 9.30 The Catherine Tate Show. With guest star Peter Kay. Last in series. (R) (T) 10.00 Empty. Jacky and Tony play a practical joke on their boss. (T) 10.30 Newsnight; Weather. (T) 11.20 Ideal. (T) 11.50 Arrested Development. (R) (T) 12.10 Cycling. (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Don't Make Me Angry. (R) (T) I've Got This Friend. (R) (T) 10.00 Make Me a Grown Up. (R) (T) Get Me the Producer. (R) (T) 10.30 Day I Got the Sack; (R) (T) Get Me the Producer. (R) (T) 11.00 The Underdogs; (R) (T) Get Me the Producer/3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Eating for Britain. (T) 1.15 FILM: The Card (1952). Period comedy, starring Alec Guinness. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollywood. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: FourDocs. One of the best short films from the past three months. Last in series. (T) 8.00 A Cook's Tour of Spain. Tommi Miers visits the dry central plains of Castille. (T) 9.00 Sleeping with My Sister. Two couples who have entered into incestuous relationships. (T) 10.00 My Name is Earl. Part two of two. Earl fears he will have to put his list to one side if he is to survive in prison and Joy tries to teach Randy to live without his brother. Ben Foster guest stars. (T) 10.30 The Big Bang Theory. (T) 11.00 Skins. (T) 12.00 The Sopranos. (T) 1.10 3 Minute Wonder: Lapping Around. (R) (T) 1.15 3 Minute Wonder: Lapping Around. (R) (T) 1.20 The Anatomists. (R) (T) 1.25 3 Minute Wonder: Lapping Around. (R) (T) 2.20 3 Minute Wonder: Lapping Around. (R) (T) 2.25 FILM: Blood on the Sun (1945). Melodrama, starring James Cagney. (T) (bw) 4.05 3 Minute Wonder: Little Worlds. (R) (T) 4.10 3 Minute Wonder: Where There's a Will. (R) (T) 4.20 Headland. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 POCOY. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 Rough Guide to Islands. (R) (T) 9.30 Build a New Life in the Country - Was It Worth It? (R) (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (R) (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Eco Escapes. (R) (T) 3.05 five news update. (T) 3.15 FILM: Mystery Woman: Snapshot (2005). Whodunit, starring Kellie Martin. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Adventures: The Middle East and South Africa. (T) 7.30 five news update. 8.00 I Own Britain's Best Home. Homes in London, Gloucestershire and Eastbourne, East Sussex; (T) 8.00 five news at 9. 9.00 House. A fighter pilot seeks a secret consultation with the anti-social medical. (T) 10.00 Grey's Anatomy. Meredith finally chooses between suitors Derek and Finn. (T) 11.00 A Girl's Guide to 21st Century Sex. (R) (T) 11.45 Naked in New Zealand. (R) (T) 12.15 Quiz Kaal. 4.00 Football Argentina. 4.40 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Shadrach is persuaded by Laurel to search for his daughter, but worries about Chas's reaction to his news. Andy tries to make amends with Jo and Hilary turns up at Ashley's door. (T)

7.30 Tales from the Country. Selina Scott and Tony Francis visit places with flower power, meeting lavender lovers in Surrey and sweet pea enthusiasts in Shropshire before learning the history of Saffron Walden. (T)

8.00 The Bill. Conclusion. Grace works with the Child Exploitation and Online Protection unit and discovers why the job makes Phil Ashley so moody, while the race is on to trace the man behind the paedophile network and rescue their victim Simon Thomas. Terry interviews known sex offender Peter Williams for a second time and blots his copybook by kneeling him in the groin, but his dogged detective work produces a result. (T)

9.00 Trial & Retribution. Part two of two. The trial takes a dramatic turn when Andy kills himself and, after an emotional testimony admitting that he and Andy were lovers, Darren is also acquitted. Connor's suspicions are still raised though and, believing that there is more to the story, she visits Darren's flat where she is confronted by the shocking truth. Last in series, guest starring Roy Marsden. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 He Kills Coppers. Three-part sequel to Jake Arnott's thriller The Long Firm, exploring how the consequences of one single act of brutality in Sixties gangland Soho reverberate across two decades. The fates of a detective, a journalist and a villain are inextricably linked when the 1966 summer of World Cup euphoria is shattered by the slaying of three policemen. Rafe Spall, Mel Raido and Steven Robertson star. (R) (T)

11.40 Grimebusters. Unlicensed hot-dog vendors are taken to task across Westminster, while an environmental worker deals with a mountain of pigeon droppings on top of a tower block. Last in series. (R) (T)

12.10 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 1.55 Loose Women. (R) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1855 O
Preço Certo 2000 News
0045 Imortal Ad Vitam,
film 0415 Telesales 0605
Nós
RTP2
0700 Euronews 0715 Zig
Zag 1300 Discovery Hour
1400 Sociedade Civil 1530
Da Terra Ao Mar 1600
Natioal Geographic 1715
Zig Zag 1830 A Fé dos
Homens 1900 Iniciativa
1945 Zig Zag 2045 Freinds
2115 National Geographic
2200 News 2240
Sobrenatural 2330 Balança
& Contas 0030 Noites 2
0115 Universidades 0145
Discovery Hour 0245
Iniciative 0330 Liga dos
Ultimos 0400 Sociedade
Civil 0530 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1600 Film
TBA 1800 Film TBA 2000
News 2215 Paraíso Tropical
2315 Vingança 0015 CSI New
York 0115 CSI Las Vegas
0215 Film TBA
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Tarde de Julho 1700 Quem
Quer Ganha 1800 Morangos
Com Açúcar 2115 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0100 Escritório
0200 Cartaz das Artes 0230
Accidental Meeting, film
0445 Telesales

Best of the Rest

BBC3
6.00 Spendaholics 8.00
Freaky Eaters 9.00 My Penis
and Everyone Else's 10.00
EastEnders 10.30 Bizarre ER
11.00 The Real Hustle Las
Vegas 11.30 Upstaged 12.00
Family Guy 12.25 My Penis
and Everyone Else's 1.20
Bizarre ER 1.50 The Real
Hustle Las Vegas 2.20 Freaky
Eaters 3.15 Spendaholics
4.10 Dog Borsal 4.40 The
Real Hustle 4.55 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Up Pompeii 8.00
Himalaya with Michael Palin
9.00 A Year in Tibet 10.00
Ashes to Ashes 11.00 Mad
Men 11.45 Auntie's War on
Smut 12.45 A Year in Tibet
1.45 Everest: Getting to the
Bottom of the Mountain 2.45
Auntie's War on Smut 3.45 A
Year in Tibet 4.45 Close
ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Movies
Now 6.15 Judge Judy 6.40
Smallville 7.40 American Idol
9.00 Katie & Peter: The Next
Chapter 10.00 Gossip Girl
11.00 Supernatural 12.00
Entourage 12.30 The Office:
An American Workplace 1.00
Katie & Peter: The Next
Chapter 2.00 Entourage 2.30
The Office: An American
Workplace 3.00 Teleshopping
Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year

Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00 Bones
10.00 Cold Case 11.00 Inside
Prisons 12.00 Stargate
Atlantis 1.00 Road Wars 1.50
Las Vegas 2.40 Cold Case
3.35 Deadwood 4.45
America's Dumbest Criminals
5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 The Good
Life 3.40 My Family 4.20
Keeping Up Appearances 5.00
My Hero 5.40 The Good Life
6.20 My Family 7.00 Porridge
7.40 Blackadder the Third 8.20
Only Fools and Horses 9.00
Only Fools and Horses 10.35
The Vicar of Dibley 11.50 The
Vicar of Dibley Top 40
Moments 1.55 Friday Night
with Jonathan Ross 2.50
Blessed 3.25 As Time Goes
By 3.55 The Bill 4.45
EastEnders 5.15 Alistair
McGowan's Big Impression
5.35 Neighbours
TCM
1.00 Martin Chuzzlewit 3.00
The Searchers U (1956) 5.05
The Swan U (1956) 7.05 The
Power PG (1968) 9.00 The
Outlaw Josey Wales 18 (1976)
11.25 Reckless 18 (1984) 1.05
Mr Ricco 15 (1975) 2.45
Teleshopping 3.00 Without
Love PG (1945) 5.00 The
Angry Hills PG (1959)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Jump In!
And Dance It to the Limit! U
(2007) Drama, starring Corbin
Bleu.

MOVIES

Sky Movies Drama

7.10 Holy Matrimony PG (1994)
8.55 Something New PG (2006)
10.50 Martha: Behind Bars PG
(2005) 12.35 Sixty Six 12 (2006)
With Gregg Sulkin. 2.25 Holy
Matrimony PG (1994) With Patricia
Arquette. 4.10 The Top 10 Show
4.30 Martha: Behind Bars PG
(2005) With Cybill Shepherd. 6.10
Something New PG (2006) With
Sanaa Lathan. 8.00 Sixty Six 12
(2006) With Gregg Sulkin. 9.45
Syriana 15 (2005) With George
Clooney. 11.55 Presumed
Innocent 18 (1990) With Harrison
Ford. 2.05 Asylum 15 (2005) With
Natasha Richardson. 3.50 A
Separate Peace 12 (2004) 5.25
Blessings PG (2003)

Sky Movies Comedy

7.00 Horton Hears a Whol Special
7.30 Pal Joey U (1957) 9.30 Annie
Hall 15 (1977) 11.15 Cheaper By
the Dozen 2 PG (2005) With
Steve Martin. 1.00 Three Amigos!
PG (1986) With Steve Martin.
2.45 The Ringer 12 (2005) With
Johnny Knoxville. 4.30 Cheaper
By the Dozen 2 PG (2005) With
Steve Martin.
6.15 Big Momma's
House 2 PG
(2006) With
Martin Lawrence.
8.00 Three
Amigos! PG
(1986) With
Steve Martin.
10.00 The
Ringer 12
(2005) With
Johnny Knoxville.

Sky Movies Action

6.25 Woman with a Past PG
(1992) 8.00 The Top 10 Show 8.20
Los Locos: Posse Rides Again 15
(1997) 10.15 Eddie Macon's Run
15 (1983) 12.05 Red Eye 12
(2005) With Rachel McAdams.
1.45 Los Locos: Posse Rides
Again 15 (1997) With Mario Van
Peebles. 3.40 Eddie Macon's Run
15 (1983) With John Schneider.
5.30 The Fast and the Furious:
Tokyo Drift 12 (2006) With Lucas
Black. 7.20 Red Eye 12 (2005)
With Rachel McAdams. 9.00 The
Specialist 15 (1994) With
Sylvester Stallone. 10.55 The
Fast and the Furious: Tokyo Drift
12 (2006) With Lucas Black. 12.40
Alien Resurrection 18 (1997) With
Sigourney Weaver. 2.35 Year of
the Dragon 18 (1985) With Mickey
Rourke. 4.55 Woman with a Past
PG (1992)

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SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 FIFA Futbol Mundial
9.30 International Football
10.30 European Tour Weekly
11.00 Live European Tour Golf.
The Open de Andalucia. 1.00
FIFA Futbol Mundial 1.30 Total
Rugby 2.00 International
Football 3.00 FIFA Futbol
Mundial 3.30 Live European
Tour Golf. The Open de
Andalucia. 5.30 The Rugby
Club 7.00 Premier League
World 7.30 Live Premier
League Darts. Round nine from
Birmingham. 11.00 Premier
League World 11.30 The
Rugby Club 1.00 Rugby
League 3.00 FIFA Futbol
Mundial 3.30 Snow
Adventures 4.00 Premier
League World 4.30 The Rugby
Club

Sky Sports 2

6.00 Live Test Cricket. India
v South Africa. 11.00 FIFA
Futbol Mundial 11.30 Snow
Adventures 12.00 Irish
Greyhound Racing 12.30
Boots 'n' All 1.30 European
Tour Golf 3.30 International
Football 4.30 International
Football 5.30 Test Cricket 7.30
Golf Night 9.30 Test Cricket
11.30 NFL: Total Access
12.30 Golf Night 2.30 Race
World 3.30 ATP Tennis 4.00
Live Test Cricket. India v
South Africa.

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Experience 8.00 International
Football 9.00 Watersports

British Eurosport

World 10.00 Boots 'n' All 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 Watersports
World 1.00 NFL: Total Access
2.00 Snow Adventures 2.30
Watersports World 3.30 Total
Rugby 4.00 NFL: Total Access
5.00 WWE: Heat 6.00 WWE
Wrestling Special 7.00 ATP
Tennis 7.30 Live Rugby
League. Featherstone Rovers
v Sheffield Eagles (Kick-off
7.30pm). 9.30 WWE: Late
Night - Raw 11.30 Extreme
Championship Wrestling
12.30 WWE Wrestling Special
1.30 Premier League Darts
5.00 Close

British Eurosport

7.30 Live Snooker. The China
Open. 9.30 Snooker 10.30
International Football 11.30
Live Snooker. The China
Open. 2.30 International
Football 3.30 Live Curling.
Japan v Germany. 5.00
Eurogoals 5.15 Live Curling.
Japan v Germany. 6.30 Live
Cycling. The World Track
Championships. 10.00 Live
Curling. Sweden v Denmark.
10.45 It's Showtime Reality
11.30 It's Showtime Reality
12.30 Close

Sky Sports Xtra

2.30 Irish Greyhound Racing
3.00 Transworld Sport 4.00
Snow Adventures 4.30
Aerobics Oz Style 5.00 Netball
7.00 Irish Greyhound Racing
7.30 World Hockey Monthly
8.00 The Rugby Club 9.30
Netball 11.30 Snow
Adventures 12.00 Race World
1.00 Snow Adventures 1.30
ATP Tennis 2.00 World
Hockey Monthly 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Living in the Sun; (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 The Inspector Lynley Mysteries. (R) (T) 3.15 BBC News; Weather; Regional News. (T) 3.20 CBeebies: Tommy Zoom. (R) (T) 3.30 CBBC: Basil's Game Show. (T) 3.55 The Cramp Twins. (R) (T) 4.10 Freefonix. (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30

Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 EastEnders. Libby tells Chelsea exactly what she thinks of her, prompting her to make a big decision. Roxy can't understand why her charms aren't working on Sean, while Ronnie finds herself unexpectedly drawn to Jack. Billy and Honey anxiously await Pat's return to Albert Square. (T)

8.30 A Question of Sport. Sue Barker hosts the quick-fire quiz, with Matt Dawson and Phil Tufnell heading the teams of celebrities whose knowledge is tested in such rounds as Sporting Legends and Football Pundits. (T)

9.00 New Tricks. The squad get a new boss, who orders them to look into the unsolved murder of a barrister found bound and gagged in his car 25 years ago. The case was a rare failure for a former chief inspector, although his notes point to a very clear suspect. As they uncover the late advocate's unusual hobbies, they gradually learn exactly what happened. Anita Dobson, Jenni Agutter and Keith Barron guest star. (R) (T)

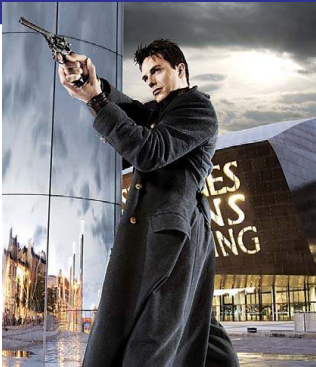
10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host is joined by Donald Sutherland who discusses his role in new Channel 4 drama Dirty Sexy Money, and Trevor Eve who talks about his depiction of Hughie Green in BBC Four drama Most Sincerely. The Kooks perform live in the studio. (T)

11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents the National Lottery EuroMillions weekly draw. (T)

11.40 Damages. (R) (T)

12.25 FILM: Atomic Twister (2002). Action-packed adventure, starring Sharon Lawrence; (T) Weatherview. (T) 2.00 Sign Zone: Horizon. 2.50 Sign Zone: To Buy or Not to Buy. (R) (T) 3.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Tommy Zoom. (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (R) (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (T) 10.30 FILM: Man of the Moment (1955). Comedy, starring Norman Wisdom. (T) (bw) 12.00 The Daily Politics. (T) 12.30 Animal Park. (R) (T) 1.30 Recipe for Success. (T) 2.15 Recipe for Success. (T) 3.00 Murder. She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Live Cycling. The World Track Championships. Jill Douglas presents the third day's races at the Manchester Velodrome, where the men's sprint takes centre stage this evening. (T) 8.00 As Time Goes By. Alistair and Judith tie the knot. (R) (T) 8.30 Gardeners' World. Simple principles for garden design. (T) 9.00 Torchwood. The team are knocked unconscious in an explosion. (T) 9.50 Torchwood Declassified. Behind the scenes of the sci-fi series. (T) 10.00 QI. With Rich Hall and Josie Lawrence. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Emmmylou Harris's 10 Commandments of Country: BBC Four on BBC Two. (T) 12.35 Cycling. (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 Star Trek: The Next Generation. (R) (T) 2.50 Pay Attention Britain! The Story of Public Information Films. (T) 3.30 Arrested Development. (R) 3.55 Scrum V. (T) 5.50 A Norfolk Rhapsody. (R) (T)

The Portugal News TV Guide • 22 Mar 2008 • 58

Pick of the Day

ITV1

Torchwood (BBC2, 9pm)

Fans of Russell T Davies' creation are having a high old time with series two, thanks to the fact it's stuffed to the gills with goodies. This week's edition promises to be just as breathtaking - as well as informative. The team are up to their usual tricks, tracking down pesky aliens and getting into all manner of mischief, but this time around the building they're scouring turns out to be booby trapped. The ensuing carnage results in them all being rendered unconscious (never let it be said Mr Davies does things by halves), and their lives flash before their eyes. Far from us seeing happy smiling times with their nearest and dearest, we get to find out how they became part of the Torchwood family. Captain Jack kicks off the flashback frenzy, as we learn how he scandalised the Victorian incumbents of the secret society, while Tosh's entry into the underground rail came about as she went in search of something to save her mother's life. Sure enough, the technobabe stumbled on some alien bit of kit. Owen's tale reveals how he underwent a medical epiphany which altered his world view, while Ianto persuaded Jack to bring him on board after demonstrating his skill at bagging alien baddies - and making a perfect cup of coffee. John Barrowman heads the cast.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Don't Make Me Angry. (R) (T) I've Got This Friend. (R) (T) 10.00 Make Me a Grown Up; (R) (T) Get Me the Producer. (R) (T) 10.30 16 for a Day; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.05 3 Minute Wonder: Raw Cuts: ID. (R) (T) 1.10 FILM: Carry On Cowboy (1965). Comedy, starring Sid James. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. An investigation into the success of the Hamas strategy. (T) 8.00 A Place in the Sun: Home or Away. Properties in Cornwall and the Canary Islands. (T) 9.00 Dirty Sexy Money. Nick tries to find out who killed his father. (T) 10.00 The Friday Night Project. Doctor Who star David Tennant guest hosts the entertainment show, providing an opening monologue before inviting Justin Lee Collins and Alan Carr to delve into his celebrity world. (T) 11.05 Balls of Steel. (T) 11.55 The Big Bang Theory. (R) (T) 12.25 4Music: The Album Chart Show. (T) 12.55 4Music: JD Set Presents The Answering Machine. (T) 1.10 4Music: Play: Newton Faulkner. (R) (T) 1.25 4Music: Rockfeedback. 1.50 4Music: Global Gathering 2007. (R) (T) 2.50 Goalissimo. 3.40 Transworld Sport. (R) (T) 4.35 Triathlon. (R) 5.05 Grudge Match. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Little Princess. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Poocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 Rough Guide to Luxury Destinations. (R) (T) 9.30 Build a New Life in the Country - Was it Worth It? (R) (T) 10.30 Trisha Goddard. (R) (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Weekend Breaks. (R) (T) 3.05 five news update. (T) 3.10 FILM: Danielle Steel's No Greater Love (1996). Period drama, starring Kelly Rutherford. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. Protecting animals in the UK and abroad; (T) 7.30 five news update. (T) 8.00 Britain's Bravest. The rescue of a woman trapped deep within a cave; (T) 8.00 five news at 9. 9.00 NCIS. An explosion at a mausoleum leads to a multiple murder investigation. (T) 10.00 Law & Order: Special Victims Unit. The police come under suspicion when a prisoner dies in custody after being beaten and sexually assaulted. Drama, starring Christopher Meloni, Mariska Hargitay and Joe-T. (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.00 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Laurel and Hilary build bridges, while the doctor reveals a possible cause of Daniel's death. Donald and David strike a business deal and Shadrach visits a social worker. (T)

7.30 Coronation Street. Gail returns home from hospital and Tina feels the pressure when a suspicious Audrey quizzes her about her alibi. Meanwhile, Fitz and Maria struggle to resolve the dilemma over Kirk. (T)

8.00 Parking Wars: Tonight. (T)
8.30 Coronation Street. David panics when he comes across Tina and Audrey in the middle of a heated row. A nervous Leanne reveals her plans to Paul, and Kirk is persuaded to visit his mum in Cyprus. (T)

9.00 Benidorm. New series of the comedy, starring Johnny Vegas. The usual suspects turn up at Benidorm's leading all-inclusive resort the Solanas for more sun, sangria and swinging, and Madge's new boyfriend Mel turns out to be Didsbury's answer to Julio Iglesias. With Sheila Reid and Geoffrey Hutchings. (T)

9.30 Teenage Kicks. New series. Sitcom starring Adrian Edmondson as a divorced father of two trapped in a punk time warp but struggling to join the real world - if he can find the right woman. Drowning his sorrows after a disastrous blind date, he is pleasantly surprised when his daughter's gorgeous tutor drops by. (T)

10.00 Al Murray's Happy Hour. Harry Potter actor Rupert Grint, former Blur bassist Alex James and GMTV presenter Penny Smith join the Pub Landlord for irreverent chat. Plus, music by the Enemy. (T)

11.00 The Late News and Weather; Weather. (T)

11.40 Real Crime: Nailing the Nail Bomber. The police hunt for David Copeland, who launched a two-week bombing campaign against London's black, Asian and gay communities in 1999, killing three people and injuring more than 100. CCTV footage from the killer's first attack in Brixton was released to the media the day before his final strike at the Admiral Duncan pub in Soho, leading to his arrest at an address in Hampstead. (R) (T)

12.30 Nightwatch. Steve Scott: Emergency; (T) ITV News Headlines. 2.20 FILM: When Good Ghouls Go Bad (2001). Premiere. Fantasy comedy, starring Christopher Lloyd. (T) 4.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 Teleseleções
2100 Contra 2130 Sabe Mais
que um Miúdo de 10 anos? 2230
Sexta, à Noite 0100 Grande
Noite do Fado 0300 Joan of
Arcadia I, film 0400 Teleseleções
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2300
Cometary Hour 0030 Notícias
da 2 0115 Sempre em Pé 0215
Palco 0330 Sociedade Civil 0500
EuroNews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magia 1445 Home Alone
II, film 1600 Double Take, film
1800 The Pacifier, film 1900
Ganhar é Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0030 Cobelles,
film 0330 Polhar da Serpente
TVI
0700 Diário Da Manhã 1000
Vôcê na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromilhões 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 The Horse
Enchanter, film

Best of the Rest

BBC3

7.00 Dog Borstal 8.00 The
Most Annoying Pop Songs We
Hate to Love 9.00 Lily Allen
and Friends 9.45 The Real
Hustle 10.00 EastEnders
10.30 Little Britain 11.00
Upstaged 11.30 Family Guy
11.50 Bizarre ER 12.20 Lily
Allen and Friends 1.05 The
Most Annoying Pop Songs We
Hate to Love 2.05 Dog Borstal
3.00 The Real Hustle 3.15
Bizarre ER 3.45 Spenholtics
4.15 Dog Borstal 4.45 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Transatlantic
Sessions 8.00 Sacred Music
9.00 Omnibus 10.30 Hancock
& Joan 11.55 Batman 12.20
Batman 12.45 Transatlantic
Sessions 1.15 Sacred Music
2.15 Hancock & Joan 3.45
Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montell
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00 Rock
Rivals 9.00 American Idol
10.00 The Passions of Girls
Aloud 11.00 Katie & Peter:
The Next Chapter 12.00 Keith
Lemon's Very Brilliant World
Tour 12.30 Laura, Ben and
Him 1.05 Coronation Street
1.35 Coronation Street 2.05
Teleshopping 5.05 ITV2
Nightscreen

Sky One

1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30

Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00 Film:
Braveheart 15 (1995) 12.20
Rock Kemp on Gangs 1.20
Stargate Atlantis 2.10 Las
Vegas 3.00 Cold Case 3.55
Deadwood 5.00 Bite Size
Brainiac 5.10 Guilty?
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 The Good
Life 3.40 My Family 4.20
Keeping Up Appearances 5.00
My Hero 5.40 The Good Life
6.20 My Family 7.00 New
Tricks 8.00 Dancing with the
Stars 10.00 Dancing with the
Stars 10.30 Film: Shanghai
Noon 12 (2000) 12.35 The
Thin Blue Line 1.15 Friday
Night with Jonathan Ross 2.25
The Thin Blue Line 3.00
Blessed 3.30 As Time Goes
By 4.00 Alistair McGowan's
Big Impression 4.10
EastEnders 4.45 The Bill 5.35
Neighbours

TCM

1.00 Lovely to Look At U (1952)
3.00 Little Women U (1949)
5.10 The King's Thief U (1955)
6.30 The Prize PG (1963) 9.00
The Long Kiss Goodnight 18
(1996) 11.10 Wise Guys 15
(1986) 12.50 Hit Man 15
(1972) 2.20 Teleshopping 2.40
Mrs Parkinson PG (1944) 5.00
After the Thin Man U (1936)

The Disney Channel

Kids' programmes from 7am,
except: 6.00 Film: High School
Musical U (2006) Teenage
drama, starring Zac Efron.
7.35 Film: High School Musical
2 U (2007) Comedy sequel,
starring Zac Efron.

MOVIES

Sky Movies Drama

7.00 Desperate Justice PG
(1993) 8.40 Hometown
Legend PG (2002) 10.40 The
Milagro Beanfield War 15
(1988) 12.40 The Top 10
Show 1.00 Silverado PG
(1985) With Kevin Kline. 3.15
Drama Close Up 3.45 The
Milagro Beanfield War 15
(1988) With Ruben Blades.
5.45 Silverado PG (1985) With
Kevin Kline. 8.00 The Good
Shepherd 15 (2006) With
Matt Damon. 10.50 Inside
Man 15 (2006) With Denzel
Washington. 1.05
Pleasantville 12 (1998) With
Tobey Maguire. 3.20 Going
All the Way 15 (1997) 5.05
Desperate Justice PG (1993)

Sky Movies Comedy

6.40 Nina's Heavenly
Delights PG (2006) 8.15
Boys Klub PG (2001) 9.55
Roseanna's Grave 12 (1997)
11.35 Wallace and Gromit in
The Curse of the Were-
Rabbit U (2005) With Peter
Sallis. 1.05 Click 12 (2006)
With Adam Sandler. 2.55 My
Super Ex-Girlfriend 12 (2006)
With Uma Thurman. 4.35 Last
Holiday 12 (2006) With Queen
Latifah. 6.30 Wallace and

Gromit in The Curse of the
Were-Rabbit U (2005) With
Peter Sallis. 8.00 Click 12
(2006) With Adam Sandler.
10.00 My Super Ex-Girlfriend
12 (2006) With Uma
Thurman. 11.40 Beerfest 18
(2006) With Erik Stolhanske.
1.40 Last Holiday 12 (2006)
With Queen Latifah. 3.35
Night Shift 15 (1982) 5.25
Nina's Heavenly Delights PG
(2006)

Sky Movies Action

6.30 Angel Flight Down PG
(1996) 8.15 The House Next
Door 12 (2006) 10.00 Night
Falls on Manhattan 15 (1997)
12.10 The Marine 15 (2006)
With John Cena. 1.55
Diplomatic Siege 15 (1999)
With Tom Berenger. 3.45 The
House Next Door 12 (2006)
With Lara Flynn Boyle. 5.30
The Marine 15 (2006) With
John Cena. 7.15 Poseidon
15 (2006) With Kurt Russell.
9.00 8mm 18 (1999) With
Nicolas Cage. 11.10 Tango
& Cash 18 (1989) With
Sylvester Stallone. 1.10
Edison 15 (2005) With
Morgan Freeman. 3.05
Running Scared 18 (2006)
5.10 Angel Flight Down PG
(1996)

(R)-repeat programme;

(T)-programme with teletext/subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Premier League World 9.30
The Rugby Club 11.00 Live
European Tour Golf. The Open
de Andalucía. 1.00 Premier
League World 1.30 The Rugby
Club 3.00 Premier League World
3.30 Live European Tour Golf.
The Open de Andalucía. 5.30
Premier League World 6.00 Big
League Weekend 7.00 Premier
League Preview 7.30 Live Super
League. St Helens v Leeds
Rhinos (Kick-off 7.30pm). 9.30
Live Friday Fight Night 12.00
Big League Weekend 1.00
Premier League Preview 1.30
Friday Fight Night 4.00 Big
League Weekend 5.00 Premier
League Preview 5.30 World
Sport

Sky Sports 2

6.00 Live Test Cricket. India v
South Africa. 11.00 Premier
League World 11.30 Rugby
League 1.30 European Tour Golf
3.30 World Hockey Monthly 4.00
Transworld Sport 5.00 World
Sport 5.30 Test Cricket 7.30
Golf Night 9.30 Test Cricket
11.30 NFL: Total Access 12.30
Super League 2.30 NFL: Total
Access 3.30 Snow Adventures
4.00 Live Test Cricket. India v
South Africa.

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Raw 9.00 WWE Wrestling
Special 10.00 Transworld Sport
11.00 Racing News 11.30
Aerobics Oz Style 12.00 Race
World 1.00 NFL: Total Access
2.00 Snow Adventures 2.30 ATP

Tennis 3.00 Race World 4.00
WWE Wrestling Special 5.00
WWE: Raw 7.00 WWE Wrestling
Special 8.00 British Ice Hockey
10.00 WWE: Late Night -
Smackdown 12.00 WWE: Late
Night - Bottom Line 1.00 WWE
Wrestling Special 2.00 Golf
Night 4.00 British Ice Hockey

British Eurosport

7.30 Live Snooker. The China
Open quarter-finals. 9.30
International Football 10.30
World Rally Championship 11.00
Snooker 11.30 Live Snooker.
The China Open quarter-finals.
2.30 Live MotoGP. The 250cc
practice session for this
weekend's Spanish Grand Prix.
3.00 MotoGP 4.00 International
Football 5.00 Eurogoals 5.30
World Rally Championship 6.00
MotoGP 7.00 Live Cycling. The
World Track Championships.
10.00 World Rally Championship
10.30 Yoz Magazine 11.30
MotoGP 12.30 Close

Sky Sports Xtra

8.00 World Hockey Monthly
8.30 Rugby League 10.30
Premier League Darts 2.00
Netball 4.00 Snow Adventures
4.30 Aerobics Oz Style 5.00
NFL: Total Access 6.00 Snow
Adventures 6.30 World Sport
7.00 Tight Lines 8.00 Snow
Adventures 8.30 Premier
League Preview 9.00 WWE
Wrestling Special 10.00 Big
League Weekend 11.00 Tight
Lines 12.00 British Ice Hockey
2.00 Snow Adventures 2.30
World Sport 3.00 Tight Lines
4.00 WWE Wrestling Special
5.00 Snow Adventures 5.30
World Hockey Monthly



The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Putting the record straight

SIR, Having just read the letter which appeared in *The Portugal News* regarding conditions on Albufeira Camping, I wish it to be known that I, as the longest serving owner of a mobile home, (I have had over 24 years of pleasure on the campsite. I am now 83 years of age and but for my ill-health would be there now), completely disassociate myself from the contents of that letter. For the writer to say that it was from all the mobile home owners, I think he has done that without consulting everyone on the site, he certainly never asked me.

Also he complains about the 20 years time limit. When I first bought my mobile home I asked what was the practical life span of them and was told that they should last 20 years, a forecast that has proved accurate, for a lot of those over 20 years have had to be completely renovated.

The site itself has improved beyond recognition since the Boica family took over, and I have found them completely fair and open in their dealings, in fact some years they have not increased the ground rent at all. For instance this coming year is the same as last year, and some of the other charges, electricity and gas have actually reduced.

Now let us be fair, the conditions and rules they have introduced are only standard practice on all such sites in the UK, and they will be governed by the EU now, so we cannot really complain.

The fact that a lot of owners paid inflated prices just to get onto the site when there were few

vacancies, and now prices have come back down to normal depreciation price levels cannot be blamed on the site owners. It was the home owners themselves who should have realised they were paying well over the odds for secondhand homes.

I hope this letter has put matters straight in regard to Albufeira Camping. I have also been an avid reader of your newspaper and very much miss its informative pieces when I am unable to visit.

H.B. BANCROFT, N. York-shire, U.K.

Camping Albufeira

SIR, Following a letter in your newspaper I would like to say how unfair it was. I have been holidaying on Camping Albufeira for 22 years. I bought my first mobile home there in 1996. I am the 2nd longest caravan mobile home owner on the site.

When I first bought my mobile home I was told that I could keep it on the site for 20 years. I was also told that if I ever sold it I had to do this through the site administrator.

Since the Boica family took over they have improved the site so much. New roads, gardens, patios, swimming pools, security etc. Mr. Boica and his family have bent over backwards to help me and many other mobile home owners. But as normal this is never enough for some English people. They all know that any sale of their mobile homes have to go through the camp office and a small commission has to be paid. But many mobile home owners have not done this and instead sold them with out pay-

ing the camp. Other people have told the camp they have sold their mobile home for say €5,000, when in fact they have sold it for €30,000. The new owners have also told the same story, which is cheating the camp site out of their true commission. Which is unfair on the camp owners.

In the UK you get a maximum of 10 years for a mobile home on a campsite, so 20 years in Portugal is more than fair. I also have seen people on the campsite that have caravans over 20 years old, that need scrapping, painting them, which makes the caravan site look ugly and very unattractive. Some English people on the camp think they are above the rules and have tried to cheat the Boica family.

As for the person who sent the letter in to your paper they have done this without consulting many caravan owners or the camp owners, which is a very cowardly thing to do. Can I also thank the Boica family for everything they have done for us, the mobile home owners, over the years.

I buy your newspaper all the time when I'm in Portugal.

STEVE SPENCER, Albufeira

The hurt that never ends

SIR, I am following the diggings of the orphanage in Jersey with horror and memories flooding back, as I and my brother were brought up in an orphanage in Glasgow.

I was 5, my brother 4-years-old, [when he was] put in a freezing cold bath of water because he wet the bed. He was ridiculed and made to 'wear' the wet sheets on his head, and then beaten by the 'Sisters of Charity', with long canes.

I was constantly fighting the boys in the home, as my brother was just a terrified heap. Eventually he became so ill with chest infections, he ended up as the

youngest person to have a pace-maker, as his heart had been damaged so badly.

He proceeded to drink himself to death, and died at the age of 52. I was constantly told by the nuns I was a "brazen hussy" because I stood up to the brutes.

The people in Jersey must find these monsters who brutalised these children, and dead or alive should be named and shamed. Frank Docherty a defender of people like us, who are scarred forever, tried to take the Catholic Church to court, [but] in the Church's words, the Statute of Limitations "made it go away".

I enclose just some of the horrors Frank and I know about. (An article in an English newspaper, *The Sunday Post* - a copy of which is available on request.)

God Bless the forgotten children.

MARY PARKIN, Faro

Thanks to all who helped

SIR, The Association The Friends of São Brás would like to thank all those readers who have helped and supported us over the years. It is important for us to reiterate that 100% of the funds raised by our extremely hard working, small team of volunteers, are given back directly to the Portuguese community, among whom we have chosen to live.

During the last 15 months we have spent almost €19,000 on items which include:

- * The Bombeiros: Four urban fire suits; a clothes drying machine; and five special respirators with spare oxygen tanks for use in urban fires. Total cost, over €11,000.

- * The Health Centre: One ECG machine (to replace one that we bought 10 years ago); one water fountain for the Consulta Externa and the ongoing cost of replacement water and cups; one new wheelchair; and several wheel-

chairs, commodes, nappies, blankets, crutches and walking sticks, donated by English Families. Total cost, about €4,200 + ongoing water costs

- * Specific goods for the needy people of São Brás: One cooker; one wardrobe; assorted baby furniture, clothes and goods; and food. Total cost, about €700 + ongoing food costs

- * Children's Home: One clothes dryer; nappies, monthly maintenance bill; many donated toys and games. Total cost of about €800 + ongoing nappy & maintenance costs

- * Paediatrics, Faro Hospital: One play station for four children, one portable DVD player, 2 lap-top computers, one extending treatment chair. Total cost, about €2,300.

The Friends of São Brás is an entirely non-racial, not profit-making, non-religious and non-political, registered charity, whose aims and objectives are solely to support the local community. Nor is our charity to be confused with the organisation 'The Friends Of The Museum, São Brás', whose goals differ widely from ours.

We would welcome any volunteers who might like to help us in any way that is possible, by donating goods or giving time to help at our events. Our funds are mostly raised through the monthly car boot sale in São Brás, a monthly quiz and our annual Christmas Bazaar, with an occasional fund-raising special event in between.

If any readers would like to help, please contact the President, Joan Martin on 289 843472
JOAN MARTIN, By e-mail

Re. article 'Portuguese don't walk'

SIR, I have always been amused by surveys and statistics, as I always feel the answers are manipulated to show whatever is required to prove an argument, or special point.

The article 'Portuguese don't Walk' is a case in point - and the reason they, the Portuguese, or us Resident Foreigners, don't walk, or ride bikes much, has completely escaped whoever did the survey. IT'S SIMPLE SURVIVAL!

Having lived here 38 years nothing would get me to walk far, or ever ride a bike, as life expectancy is drastically reduced by speeding motorists, on or off the pavement and even out in the countryside! Perhaps someone could pass this information on?

SIÂN HUGHES-ROBERTS, Carvoeiro

Holocaust means "burnt-offering"

SIR, No one is denying there was a holocaust during WW2. There have been many holocausts throughout history under many forms.

Approximately two million Christians were murdered in the Armenian Genocide of 1915, followed soon after by millions of more Christians murdered in Bolshevik Russia and the Soviet Empire. Recently we've had genocidal holocausts in Kosovo, Rwanda, and we can also include Palestine, Iraq, and yes, why not Darfur and Zimbabwe as well. The list can go on and on. Does it matter if the exterminations are conducted with bombs, guns,

machetes, gas or chemical weapons, or, even the forced starvation of an entire people?

Ron Lavery's own figures quote "half a million Jews (in Germany?) in 1933" and even though a "quarter of a million were allowed to emigrate", we must, unquestionably and under the threat of incarceration, accept the number six million. Watching BBC World this weekend, I saw that Angela Merkel was in Israel and heard her speak about "the 'eternal debt' owed to the Jews by the German people". By "debt" she means money.

Napoleon is quoted as saying "history is but an agreed upon fable". And as we all know, history is always written by the winners. Here's some food for thought - have you ever wondered how much money it would take to start, maintain, and populate a new country?

PETER SERRANO, By e-mail

Laughology

SIR, There are no more efficient wasters of our hard earned taxes than the spendthrift UK Government or overstaffed, financially inept Local Authorities. Unless someone is pulling my leg the latest expensive fad that could cost us dear is to offer disillusioned employees paid time off work to attend privately run workshops on 'Laughology'. Oh come on now, don't snigger, this is serious! The benefits are praised in phrases like: "Laughology has been described as the science of humour." "The Laughology model teaches how to use humour to colour individual's perception." "Laughology presents individuals with new ways of thinking and acting." "It can improve the workplace, people's morale, health and well being." It can build teams that inspire creativity, empowerment and outstanding performance." Inspire empowerment? No, I don't know what that means either but wow, it sounds like your money back right there!

The Presenter, sorry, the Facilitator "is a trained cognitive laughter and humour consultant" (I'm not making this up) with an MA in Laughter, Humour and Personal Growth. This well qualified person is obviously well on the way to a PhD. In Belly Laughing. Well, I reckon the only ones laughing will be those enjoying some unexpected time off work and the Facilitator - laughing all the way to the bank!

What are the odds that before long every public body will have to have a Laughology Officer along with a Giggles Support Assistant, backed by a whole new Ministry of Laughology with its associated lucrative career prospects? And how long before the first employee needs counselling after the constant strain of trying to be unnaturally cheerful all day to the old grump at the next desk, prior to putting in a claim for half a million quid in compensation? I bet they haven't thought of that.

RON LAVERY, By e-mail

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Portuguese for Beginners

Emília Rosendo

114 THIS LESSON: The Plural of Nouns

The second way to form the plural of the nouns ending in **-ão** is by adding **-s**.

Read the sentence which follows:

⇒ O **cristão** pagou a promessa.

Os **cristãos** pagaram as promessas.

① Complete the sentences with the correct word (in the plural) from the box below:

mão * irmão * órfão * cidadão * grão * órgão

- Os _____ uniram-se na luta contra a o regime opressor.
- Os _____ da nossa mãe ou do nosso pai são os nossos tios.
- O coração e os pulmões são _____ vitais do corpo humano.
- As crianças lavaram cuidadosamente as _____ antes da refeição.
- Os _____ são pessoas cujo pai ou cuja mãe ou ambos já faleceu ou faleceram.
- Vocês pediram _____ com bacalhau?

The third way to form the plural of the nouns ending in **-ão** is by adding **-ães**.

Read the sentence which follows:

⇒ O **capitão** da equipa não falou ao jornalista.

Os **capitães** das equipas não falaram aos jornalistas.

② Write the plural of the sentences below.

- O cão do nosso vizinho está a ladrar porque está sozinho.
- O pão desta padaria é muito bom, sobretudo quando ainda está quente e estaladiço.
- Aquele menino alto e louro é alemão.
- O corrimão está sujo.
- Este aldeão trabalha na nossa quinta.
- O verão nesta cidade é longo e muito quente.
- Aquele homem trabalhou como escrivão durante toda a sua vida.
- Aquele homem é o sacristão desta igreja?

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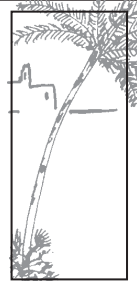
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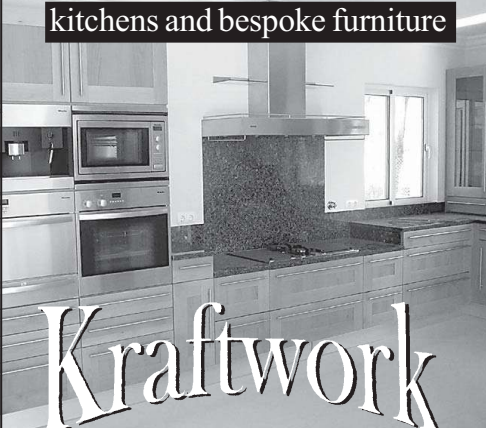


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WHERE TO WORSHIP

Lisbon

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueira (Aveiro)

Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986

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www.ggw.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH

Office: Rua São José 178, 1.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUSX - PRIORADOS. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21.4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Ariaga, 13, Lisbon: Sun. 11.00. Ministers' Tel: 214 637 885. www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1858). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboloira Corps (Praceta Almada Negreiros, Lote 213 Loja Dt. do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708). **OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

Bahá'í Faith - Av. Ventura Terra, nº 1, Lisboa. Telef.: 217590474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND SERVICES St.

Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; **St. Luke's**, Monte da Palhaqueira, Górgões. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; **Luz** Senora da Luz Holy Communion 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Every Sunday Holy Communion with Crèche and Adventurers. 10.30 am Community Centre, Alcanil (ASCA - Associação Social e Cultural de Alcanil). Details from 282 380311 or 282 101018 or see our website www.allsaintsalgarve.org. Also every Sunday Lagoa Convent Chapel 6.00 pm Evening Service (Details on our web site).

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English: 11am. at St. Lourenço Church - Alcanil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Alcanil. Further information, please contact the International Catholic Community of Alcanil (Griselda Neto on 966168120 or Vitor on vgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the CediPraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from

the Hotel Golfinho), Tel. 282-086804 or 282-967546.

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Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30 pm. Portuguese translation available. Address: EN125 - Vale de Louzas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

RESSGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation Accredited to Eph 4 v 11-12 Prophetic Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine. English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9.30 pm At Rua, Hospital S. João De Dues. 300m North of the traffic lights at the Intermarche Supermarket on the left next to the video shop. English tel. Michael & Yoka 282782845 Portugues tel Ana 934241766 email finlan@sapo.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 289 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 7236. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO

Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoo.org

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.



with Joyce Voelker

He is Risen

For three years, Jesus taught and trained his disciples, healing the sick and performing many miracles. He repeatedly predicted His own murder in Jerusalem. Yet, He did not avoid that city or the inevitable events that took place there. He did not try to free Himself from the hours of physical and emotional torture inflicted upon Him. Jesus died while nailed to a crude wooden cross outside the city. While He suffered, critics and cynics sneered, thieves cursed and soldiers gambled for His clothing. To the crowd of onlookers, His claims to be the Son of the living God must have seemed absurd. Even for those who had walked with Him and who called Him Master and Lord, the execution must have dashed their hopes that He was indeed the Savior of the world. The world scarcely noticed as Jesus' friends removed His body from the cross that day. As a Messiah, He appeared to have been a failure.

Early on Sunday morning, Mary went to the tomb with spices, planning to ward off the stench of her master's death. As she approached His grave she gasped. The stone has been rolled away from the tomb and His body was no longer inside. As Mary wept, a man approached. "Why are you crying?" the voice asked. She explained the reason for her tears and then Jesus spoke her

name. As Mary recognized His voice, her tears of grief became shouts of glee.

If the story had ended at His death, Jesus would have been no more than a religious figure with a finite life span. His resurrection, however, is our hope. Christ defeated death and took away its sting. Our faith is not one which claws the air, grasping at straws of evidence. The resurrected Christ was seen by at least 500 persons on several different occasions. Jesus' followers reported and recorded His appearances so that we can still read about them today. He talked and ate again with His disciples and allowed Thomas, the doubter, to touch the wounds in His hands.

Christ arose! He is indeed the triumphant Victor, the Messiah He claimed to be. His crucifixion and resurrection are pivotal events in world history. Through Him God introduced a plan of salvation so radical that many still refuse to accept it. He is mankind's only hope for eternity.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" (John 3:16)

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

"[A psalm of David.] The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake." - Psalm 23:1-3



Embrace Grace

IBC Women's Conferences 2008

Calling all Christian Women and any other women who are interested to learn and experience God's love and grace to join us for a Christian women's conference.

Dates: 25th to the 27th of April
Place: Tivoli Hotel Caveiro

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Or €100 for weekend visitors
Guest speaker: Liz Curtis Higgs

For more information please visit the website www.ibc-churches.org/women/ or call Jan Macleod (+351) 282 768 088

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*Celebrant:
Bishop John Ellison

Good Friday (21 March)
2.00 pm to 3.00 pm
At the foot of the Cross
*Almancil Community Centre
& Lagoa Convent Chapel

EASTER DAY
10.30 am
*Sung Eucharist
Adventurers & Creche
Almancil Community Centre

6.00 pm
*Easter Eucharist
Lagoa Convent Chapel



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CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

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Charities

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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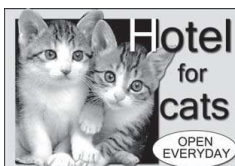
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Total re-vamp for EN125



Prime Minister José Sócrates this week confirmed that the Algarve's busiest road, the region-long EN125, often referred to as 'the deadliest road in Europe' will be completely renovated by 2010.

Improvement works are already on-going, part of a thorough re-vamp, which, for the first time ever, includes visual improvements and careful landscaping.

"It is the first time we have taken on this task as part of the complete renovation of a road, and not just covering holes up or conducting sporadic works", the Prime Minister said.

Described as an "articulated intervention", to be carried out simultaneously in the Eastern and Western Algarve, José Sócrates said one of the main reasons for this thoroughness was "to save lives".

On the other hand, keeping up standards for tourism reasons was another motivation.

Visual improvements are also high on the priority list, with a number of changes planned to make the road look better. These will include the removal of billboards and other publicity.

Separate access roads are to be created in areas of intense economic activity, to separate those wanting to stop in these areas and those who are just passing through.

Sixty-four new roundabouts will be built, strategically placed to reduce the number of deaths by 35 per cent. Over the past decade,

290 people have been killed in road-related accidents on the EN 125.

Overall, an estimated €150 million will be injected into improving the 273 kilometre-long stretch of road, which should commence this year and be finished by 2010.

Meanwhile, in related news, PS/Algarve party leader Miguel Freitas rejected his opposition's comments last week concerning the introduction of toll payments on the A22 / Via do Infante motorway.

PSD/Algarve leader Mendes Bota was accused by his PS counterpart of putting words into the Minister of Public Works, Mario Lino's mouth, being "completely unconcerned by the problems in his region", and having a "lack of good sense".

The outburst took place when Mendes Bota accused José Sócrates last Friday of wanting to improve the EN125, so tolls could be implemented on the A22 / Via do Infante motorway.

PS/Algarve leader Miguel Freitas has refuted this accusation and has said tolls will not be introduced, reiterating that the EN125 was being improved to reduce the number of fatalities that occur on the road.



Prime Minister José Sócrates announces on Sunday the project to renovate the EN 125. (Photo: Lusa / Luis Forra)

Newspapers say sorry to McCanns, pay £550,000

Kate and Gerry McCann have succeeded in legal action against the Express group of newspapers accusing them of libel following the publication of more than 100 articles they considered to be 'grossly defamatory'. This week their action was successfully rewarded with a six-figure payout and public apologies on the front pages of two of the group's four newspapers, the Daily Express and the Daily Star. More apologies could follow this Sunday.

Reportedly, the Express Group did not contest or refute any of the McCann's accusations, and quickly agreed to meet any of the family's demands for an apology.

Besides two high profile front-page apologies a further £550,000 was donated to the 'Find Madeleine' fund.

Both the Daily Express and the Daily Star published on their Wednesday editions' prominent front page apologies entitled 'Kate and Gerry McCann: Sorry'.

On the front page of the Daily Star, the public apology said: "The Daily Star today makes a wholehearted apology to Kate and Gerry McCann for stories suggesting the couple were responsible for, or may be responsible for, the death of their daughter Madeleine, and for covering it up."

We now recognise that such a suggestion is absolutely untrue, and that Kate and Gerry are completely innocent of any involvement in their daughter's disappearance."

In a public statement to confirm the McCanns acceptance of the public apologies, their spokesperson Clarence Mitchell said, "Kate and Gerry would like to reiterate there is absolutely no evidence that Madeleine is dead or has been seriously harmed".

He also said the couple took the action "reluctantly, with a

heavy heart", but that the group had "overstepped the mark".

They also said they hoped the Portuguese police would lift their official suspect 'arguido' status "in the very near future".

Friends of the couple said they had been angered, by the effect of continuous articles suggesting they were in some way involved

in their daughter's disappearance.

They were particularly upset by some of the headlines, such as 'Find body or McCanns will escape', 'Parents' car hid a corpse' and 'McCanns or a friend must be to blame'.

Madeleine has been missing for 322 days.

Burning hot summer predicted

Xavier Viegas, specialist in fires, has this week predicted a "complicated summer", a situation which he is says will be due to the lack of rainfall so far this winter in most parts of the country.

Xavier Viegas explains due to the changes in weather patterns, "it is always difficult to make predictions on next season's fires", but data forecasts some very hot days with temperatures ranging from 35°C to 40°C where "fire fighting will be very complicated" if fires occur.

When questioned about the precautions needed for these scenarios, Viegas recommended people should be more aware of the help they can provide by cleaning up

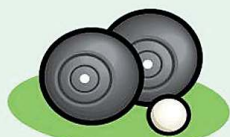
around their houses, and people with more spare time should get training to assist the population if help is needed.

"The authorities still act like it all depends on them" adding "they announce more airplanes, more helicopters, more auto-tanks, but the root of the matter is to make people more aware".

He also stated that due to the climate changes, the danger of fires occurring can be expected throughout the year. When asked about the winter fires of this year "the burning

of crops must be faced directly, and instead of prohibiting it completely people should be accompanied by adequate resources to avoid accidents. I would like to stress that every year people die from burning crops. In general they are elderly people".

The Civil Protection National Authority (ANPC) said they are prepared for the worst scenarios although they do not predict any catastrophic situation relating to fires this year.



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